

- AHS's 1999 Prom (See Page 14-17)
- Agawam Schools' "Open Houses" (Next Week's Edition)



AGAWAM

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Volume XXII Number 18

"Your Hometown Newspaper"

May 6, 1999



Penalty Judged Too Harsh...

AHS Guidance Counselor Wins His Appeal

by Kathy Cassanelli
News Editor

The penalty imposed on an Agawam High School guidance counselor for handling a disarmed police firearm at school was too harsh, according to the independent arbitrator who reduced a 30-day suspension to a letter of reprimand.

Under the terms of a 20-page decision by American Arbitration Association Administrator Tammy Brynie, Guidance Counselor Alan Cohen will be compensated for all earnings lost as a result of the suspension, including the loss of income from teaching two night-school courses. However, Cohen will not be compensated for or reinstated as director of guidance, a position he held at the time of the incident.

Reaction to the decision from school administrators is a mix of frustration and disappointment. School Superintendent Frank Ameruso said the decision "frustrates our attempt to deal with what we considered a serious situation."

AHS Principal Joseph Zabielski believes the decision undermines his authority to discipline staff members and he would like to see the arbitration system changed by the legislature.

"If a principal can't make a decision about a gun inappropriately displayed in his building, then we are powerless and that's a disappointing situation for a principal to be in," Zabielski said.

Zabielski maintains that Cohen's conduct was deserving of the most severe consequence allowed, short of dismissal.

"This isn't a joke," Zabielski said. "If a kid brought a gun to school, he'd be expelled even if he didn't do anything with it. He'd be expelled for having the poor judgment of bringing a gun to school."

But, Brynie disagreed, finding Cohen's actions were not the type of "flagrant, notorious, or otherwise egregious misconduct that warrants the immediate imposition of the maximum disciplinary penalty short of discharge."

Brynie determined that a written reprimand would be sufficient to indicate that any threat of violence, even an unthinking act, would not be treated lightly. Also, a letter of reprimand would be sufficient to modify future behavior, especially in light of Cohen's admission of having committed an error of judgment.

Finally, a letter of reprimand is a "proportional response to an unwitting incident involving a veteran teacher with a prior unblemished record," Brynie ruled.

Cohen Extremely Pleased With The Outcome...

In the wake of the decision, Cohen said he was extremely pleased with the outcome.

"I'm glad it's over and I hope this is all behind us. Everybody knows this was blown out of pro-

IN LEFT PHOTO: The new sign for Edward G. Borgatti Field, which was unveiled during the Sunday, April 25th dedication ceremony. Although the field was named in Borgatti's honor over three decades ago, the recently held ceremony "officially" commemorated Borgatti Field. IN RIGHT PHOTO: Edward G. Borgatti (left) is congratulated by Town Council President Donald Rheault and Mayor Christopher Johnson. (See additional photos on Page 2.) Advertiser News photos by Jack Devine.

On Sunday, April 25th...

Dedication Ceremony Held For Edward G. Borgatti Field

On Sunday, April 25th, at 12:00 noon, a ceremony was held to officially dedicate Borgatti Field on River Road, Agawam, to Edward G. Borgatti.

Borgatti was an elected member of the town's Park & Recreation Board from 1960 to 1965, as well as an Agawam police officer for 32 years. In the early 1960's, Shea's Field was the only recreation facility in Agawam, and the Board felt a facility in the south end of town was needed.

While patrolling the River Road area, Borgatti spotted a piece of farmland owned by the Corr family. He felt it would make a great park for the town, and began three years of hard work (and a lot of hard talking) to obtain the land.

After many town meetings and finance board approval, it was purchased as a recreation facility by the Town of Agawam in 1965. Because of Borgatti's efforts, the Park & Recreation Board voted unanimously to name the parcel of land

"Edward G. Borgatti Field."

Although this field was named after Borgatti over 30 years ago, it was never "officially" dedicated until the April 25th ceremony.

Donald Rheault, President of the Agawam Town Council, served as the Master of Ceremonies for the dedication ceremony. The speakers included State Senator Linda Melconian; State Representative Dan Keenan; Mayor Christopher Johnson; Ron Severt, Riverside Park's Marketing Director; Borgatti's children, Ed and Shelley (Borgatti Reed); and Borgatti himself.

At the ceremony, plans regarding the upgrade of Borgatti Field were discussed, including Riverside Park's plan to aid in this upgrade. According to Riverside Park PR Manager Jerry Gretzinger, the upgrade will include laying new infield dirt in the softball fields, removing graffiti, picnic benches, barbecue grills, and a new sign at the River Road entrance.

SEE COHEN - Page 4...

At The Borgatti Field Dedication...



IN PHOTO ABOVE: The guest of honor, Edward G. Borgatti (far right), with his two children, Ed Borgatti and Shelley (Borgatti) Reed, and his grandson, Michael Reed. IN PHOTO BELOW: Borgatti (seated - front row center) with the members of the local baseball team sponsored by his restaurant, E.B's Specialty Chicken in Agawam. Advertiser News photos by Jack Devine.



Veterans' Corner...

by Ruth C. Bitzas
Veterans' Agent — 786-0400, Ext. 236/237

IMPORTANT DENTAL INFORMATION

Over the years, I've learned that when people are having a difficult time financially, the first thing that goes is their dental insurance; the second is health insurance, due to the exorbitant cost to maintain it.

This week, the bulletin at Sacred Heart Church in Feeding Hills contained the following information regarding availability of dental services that I feel could help many readers.

The Western Mass. Hospital Dental Clinic at 91 East Mountain Road, Westfield, provides dental services on a sliding scale. Dr. Leslie Zide-Selbovitz is the director of the facility; their hours are Monday through Friday from 8:30 a.m. to 4:30 p.m. The telephone number is 562-4131, ext. 147.

The facility offers comprehensive, ongoing dental services with well-trained local dentists. Services include exams, x-rays, cleaning, fillings, extractions, prevention, and education.

Anyone in need of service, without dental insurance, must provide verification of income.

VISION CLINIC

The aforementioned facility also provides a vision clinic for those who are unemployed, underemployed, or uninsured, and in need of an eye exam.

Dr. Herbert Myers is the director of this clinic. The hours vary, so call 562-4131, ext. 147, to schedule an appointment.

The outpatient exam cost is also provided on a sliding scale and provides services for the Hampden County area.

WESTERN MASS. STAND-DOWN "1999"

The fourth annual Western Mass. Stand-Down event will take place this Saturday, May 8th, at Westover Air Reserve Base in Chicopee, MA, from 8:00 a.m. to 3:00 p.m.

Some of the services that will be available include medical, dental, vision, and mental health services. Representatives from social service agencies will be available. Lawyers will also be available to provide consultation.

And, best of all, these services are offered free of charge in an atmosphere of camaraderie.

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Camel Lt. Box - Buy 2, Get A Free Lighter
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Letters To The Editor

Agawam Resident Offers Tribute To Her Mother

To The Editor:
Dear Mama:

You were the epitome of motherhood. Having your first child in 1924 and 10th in 1945, you were as excited with each as if it were your first. Your wedding picture shows you a slight young lady at approximately 105 pounds. I can only remember you as the perfect Mrs. Santa Claus, short, round, perfectly coiffured white hair, blue eyes, and flawless complexion.

Daddy sat at the head of the table, always in a three-piece suit, even at breakfast. You were adorned with your ever-starched housedress and your Mother Hubbard-style apron. Never forgetting your earrings, as you felt undressed without them.

Having made bread dough the night before, you would fry the dough that we smothered with butter and maple syrup. It was a favorite breakfast where the boys would have a contest to see who could eat the most. Never did I hear you say that you wished that you were out in the business world. You were happy being a mother.

Your sister, Beatrice, had no children and would ask if she could take one of us. There was no way that you could possibly give one of us up. Loving each and every one of us the same, we would always stay under one roof; your roof.

In your later years, when planning vacations without the children, Daddy would ask you where you would like to spend a week or two. Even though you did visit the Caribbean Islands and Canada many times, your more enjoyable vacations were when you would be visiting one of us that had moved out of the area.

Nothing could have been more painful than the day when the doorbell rang and I was handed a telegram. I then handed the telegram to you. You opened it and read:

"The Navy Dept. deeply regrets to inform you that your son, Omer Paul Potvin, Quarter Master Third Class USN is missing following action in the performance of his duty and of the service of his country. The department appreciates your great anxiety, but details not now available and delay in receipt thereof must necessarily be expected. To prevent possible aid to our enemies and to safeguard the lives of other personnel, please do not divulge the name of his ship or discuss publicly the fact that he is missing."

Vice Admiral Randall Jacobs,
The Chief of Naval Personnel

Such a cold and cruel way to be informed of this tragedy. For years we waited to hear that his submarine had surfaced or perhaps he escaped and swam to an island. That never happened.

Forty years later, Daddy died on Dec. 28th. It was on Omer's birthday. You missed them both and cried a lot, but were pleased that they were together. One year later, on your birthday, you left us and joined them both.

Happy Mother's Day, Mamma
Love, From All Of Us
Irene Scanlon
Agawam

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will hold a public hearing on Thursday, May 13, 1999 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Santinello for a request to amend the Order of Conditions is work to be performed on North West S subject to the Massachusetts Wetlands Act.

By Order of Henry A. Kozlov
Agawam Conservatio

Published: May 6, 1999

* * *

Our deadline is each
12:00 noon; however, we
any articles, press rel
that can be brought in on
Thank you ... AAN!!!

* * *

Melconian Calls For ATM Ban

Majority Leader Linda J. Melconian (D-Springfield) has expressed her strong support for a measure she co-sponsored banning ATM surcharges. The Senator emphasized that passage of the bill is vital to protect consumers and small banks.

"Large banks must stop gouging consumers," said Melconian. "Charging a dollar at the ATM and then two dollars on your bank statement for a 50 cent transaction is a predatory practice that must be halted."

Senate Bill 19, "An Act Relative to Charges for Electronic Fund Transfers" (which was heard before the Joint Committee on Banks and Banking on April 27th), forbids banks from charging a fee to non-customers who use their ATMs. The bill is strongly pro-consumer.

Not only does it ban this specific form of price gouging by banks, it also forces these financial institutions to make agreements between themselves to decide how much they pay each other for ATM transactions. These entities are in a much better position than consumers to determine these costs and negotiate fair contracts.

The bill also protects consumers by attacking the deceptive practice of double-billing. Because consumers are currently charged once when they withdraw money and a second time when they receive a bank statement, the true cost of a transaction is hidden.

Small banks are the other beneficiary of Senate Bill 19's protections. They face the dangerous prospect of losing their customers to bigger banks that can offer a large ATM network without a fee. The recent merger between Fleet and BankBoston makes it more vital than ever to protect small banks and a diverse market for consumers.

"As the number of different banks shrinks, so does consumer choice," said Melconian. "It is incumbent on the legislature to step in and make sure consumers are protected."

Bidding Process For Horizontal Work On Vets' Cemetery

The State Department of Capital Assets & Management opened the bidding process for horizontal work on the State Veterans' Cemetery on May 5th, with a 20-day response period to May 25th.

Interested companies may call the D.C.A.M. Bid Room at (617) 727-4003 or (617) 727-4030, ext. 461.

All information must be picked up at D.C.A.M., McCormick Building, One Ashburton Place, 4th Floor, Boston.

If the bidding company has an account with Federal Express, the D.C.A.M. Bid Room can send plans, spec sheets, and bid criteria.

Breakfast Mtg. For Agawam Republicans

The Agawam Republican Town Committee will hold a breakfast meeting on Saturday, May 8th, at 8:30 a.m. at the Oak Ridge Country Club in Feeding Hills.

The agenda will include reports from Roberta Brundrett, Republican State Committeewoman, and Robert Magovern, Agawam Town Council Vice-President and State Committeeman.

Anyone who is interested in becoming an associate member of the Agawam Republican Town Committee is welcome to attend this meeting.

COHEN - from Page 1...

portion. The gun was never waived around, never pointed at anyone, and nothing threatening was said," Cohen said.

Cohen said the whole controversy began as an innocent educational discussion about careers in law enforcement among himself, two students, and Police Officer Andrew Parrelli, who was assigned as the school resource officer.

"The kids were talking to Officer Parrelli about his gun and they asked to see it," Cohen said. "He took it out, took out the bullets, and showed it to them. Then he showed it to me, handed it to me, and I held it in the palm of my hand briefly before giving it back."

It was while he was holding the gun in his hand that a third student came to his office to ask about hall passes and saw him handling the gun, Cohen said. The third student spoke about the incident in his next period class, where the subject became a debate over the differing consequences for students and teachers for bringing a gun to school.

The class discussion was brought to the attention of school administrators by the teacher; the principal was notified; and the police were called in to investigate, Cohen said.

"By the time I was confronted by the superintendent of schools the next day, the story was that I had pointed a loaded gun at the student," Cohen said.

In the months following the incident and his return to school after serving his suspension, Cohen said he has had the support of the students, parents, and most staff members. "People have been very supportive," Cohen said. "They know it is not in my nature to hurt, harm, or threaten anyone."

After reviewing the police report of the September 30th incident and evaluating the testimony of several witnesses at a hearing in February, Brynie concluded that Cohen's handling of a police firearm in the presence of students reflected an error in judgment warranting discipline.

Suspension Reduced To Written Reprimand...

"However, the imposed 30-day suspension is both excessive and contrary to principles of progressive discipline. Therefore, the 30-day suspension is reduced to a written reprimand," Brynie found.

According to Brynie's decision, the record does not support the allegation that Cohen possessed, obtained, or confronted students with a firearm as indicated in an October 7th letter written by Zabielski stating the reasons for Cohen's suspension.

When imposing the suspension, the principal understood that Cohen had taken control of a police weapon, purposely pointed the gun at a student, and issued a challenge or threat, but the testimony of the witnesses to the office encounter (given while sequestered and under oath) reveals a different sequence of events, according to Brynie.

Cohen said he felt exonerated by the arbitrator's ruling on his appeal. "This incident tarnished my 18-year career," Cohen said. "The arbitrator hit the nail on the head. She understood the situation."

Cohen said there is a zero tolerance policy in the student handbook on bringing weapons to school, but it makes no sense to liken his conduct to a student bringing a gun to school.

"I did not bring a gun to school," Cohen said. "If I had brought a gun to school, I agree I should have been fired."

Cohen said he was not interested in regaining the position of guidance director at this time.

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At Oak Ridge Golf Club...

Agawam Chamber Of Commerce Hosts U.S. Rep. Richard Neal

by Kathy Cassanelli
News Editor

The resilience of the American economy and the entrepreneurship guiding our nation to the close of the century are the envy of people all over the world who want nothing more than to try American style democracy and the free market system, according to U.S. Representative Richard E. Neal (D) from Springfield.

Making his annual visit to the Agawam Chamber of Commerce, Neal addressed an audience of local business and community leaders at last Friday's breakfast meeting held at the Oak Ridge Golf Club in Feeding Hills. The meeting was sponsored by Western Massachusetts Electric Company.

Neal said his three top priorities were paying down the national debt, shoring up Social Security, and shoring up Medicare. But, he warned against expecting too much in the way of initiatives coming out of a Washington still feeling the effects of the partisanship of the Clinton impeachment while launching the next presidential campaign.

"The problem is just as we get past the impeachment and put that behind us, we are going into the choosing of presidential candidates," Neal said. "I hope we take the high road for the first time in 25 years."

Contrasting the state of the economy today with the state of the economy when he was elected 10 years ago, Neal said America has been seen as being on the verge of becoming a second-rate economic power, threatened by the Japanese economy, weighed down with a \$303 million federal deficit every year, and rocked by the Savings and Loan banking crisis.

Today, the federal government is projecting a \$4.5 trillion surplus over the next 15 years, and our economy is envied and emulated around the globe, according to Neal.

"In 1991, I voted for George Bush's budget — by the way, Newt Gingrich didn't — and in 1993, I voted for Clinton's budget," Neal said. "Those two votes gave us the prosperity we are now enjoying by ending the deficit."

As a footnote to dispel the idea that federal government programs are never cut, Neal said there are fewer people working in government today than when John Kennedy was president, and defense spending has been cut from \$300 billion 10 years ago to \$257 billion today, reflecting significant cuts when inflation is factored in.

On the situation in the Balkans, Neal said it would be unfair for partisanship to turn the conflict into Clinton's war. "I never said let's make Iraq Bush's war," Neal said.

Neal said Americans must be patient while the surgical air strikes continue and while the possibility of achieving peace through negotiations with the Russians moves forward.

"Slobodan Milosevic is an international criminal who has driven the Albanians from their homes," Neal said. "If America doesn't say and do something about it, nobody else does."

Neal On Medicare...

On health care issues, Neal said saving Medicare ensures the high quality of the teaching hospitals that draw people from all over the world to Massachusetts for treatment. Despite the popular belief that Medicare only benefits the elderly, Neal said the federal program provides half of the funding for the teaching and research hospitals vital to improving and maintaining quality health care, as well as providing economic benefits to the host communities.

"We have the best teaching hospitals in the world and Medicare pays for that. Those hospitals are the magnets drawing the people you want to live and work in your community," Neal said.

A member of the Agawam Chamber's legislative steering committee, Woronoco Bank Vice-President Richard Bellico urged the audience to communicate their ideas on business issues with their local legislators. "It's so important for us to keep making those phone calls and keep writing those letters," Bellico said.

Several issues have been identified by the Greater Springfield Chamber of Commerce for action during the 1999 legislative session, including a rate cut in unemployment insurance due to a record level reserve fund; an investment tax credit permanently set at three percent; and opposition to an increase in the minimum wage.

Increasing the minimum wage is expected to come before the state legislature soon. Last year, the State Senate voted for increasing the minimum wage from \$5.25 to \$6.75 in three steps, allowing for automatic increases based on the rate of inflation, but the House took no action. Governor Paul Cellucci is calling for an increase to \$6.15 in two steps with no automatic increases tied to inflation, according to a Chamber newsletter.

— Obituaries —

Roger E. White

Roger E. White, 72, of 97 Letendre Avenue, Feeding Hills, died recently at home.

He was employed as a general foreman at the Hamilton Standard Division, United Technologies, Windsor, CT, for 38 years, retiring in 1987. He also worked at the former Springfield Armory.

Born in Springfield, he lived in Feeding Hills for 47 years.

He attended Springfield schools.

He was a member of the Melha Shrine and the Mount Moriah Lodge, past president of the Hadji, and a long-time officer of the Mount Moriah Lodge.

He was a seaman first class in the Navy during World War II and received the World War II Victory Medal and the American Theater Medal.

He volunteered at the Shriners Hospital for Children for the last 12 years.

His wife, the former Muriel Parrott, died in 1993.

He leaves a son, Peter E. of Feeding Hills; a daughter, Lorelie E. Scorzafava of Granville; a brother, Richard J. of Feeding Hills; a sister, Constance Fleming of Springfield; and four grandchildren.

The funeral was held Sacred Heart Church, Feeding Hills, with burial in St. Thomas Cemetery in West Springfield. Colonial-Forastiere Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Shriners Hospital for Children, Donations Department, 516 Carew Street, Springfield, MA 01104.

Sophie F. Jasmin

Sophie F. (Mendrala) Jasmin, 81, of 82 Springfield Street, Agawam, died recently at Baystate Medical Center in Springfield.

She was a co-owner and operator with her husband of Jasmin Pharmacy for many years and also worked at the former Buxton Co. in Springfield.

Born in Chicopee, she moved to Agawam in 1955.

She was a communicant of St. Theresa Church, a member of the Agawam Senior Center, and the Golden Agers.

She leaves her husband of 56 years, Norman F. Jasmin; a son, Ronald B. of Agawam; two brothers, Edward Mendrala of Chicopee and Stanley Mendrala of Worcester.

The funeral was held at Toomey-O'Brien Funeral Home, with burial in St. Thomas Cemetery.

Memorial contributions may be made to the church building fund, 74 Bridge Street, Agawam, MA 01001.

Check our classifieds in each edition...

SEE OBITUARIES - Page 6...

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OBITUARIES - from Page 5...

Margaret K. Ardizoni

Margaret K. Ardizoni, 78, of 28 River Street, Agawam, died recently at Noble Hospital in Westfield.

She was a hairdresser for 60 years at the former Dolores Beauty Salon in West Springfield.

A lifelong resident of Agawam, she was a communicant of St. Anthony's Church and was president of the Holy Rosary Society for many years.

She also was the first president of the Veterans of Foreign Wars Post 1632 Auxiliary.

She leaves two sisters, Victoria Regnier of Deer Park, Maryland, and Lorraine Gullifer of Columbia, South Carolina.

The funeral will be Friday morning, May 7th, at Toomey-O'Brien Funeral Home of West Springfield and the church, with burial in St. Thomas Cemetery, West Springfield. Calling hours will precede the funeral.

Memorial contributions may be made to the church building fund at 108 Bridge Street, Agawam, MA 01001.

Cecile E. Vachon

Cecile E. (Houle) Vachon, 92, of 69 Kensington Street, Feeding Hills, died recently at a local nursing home.

She worked at Baystate Medical Center in Springfield, retiring in 1982. She previously worked at the Lowell Cotton Mills for many years.

Born in Dracut, she was raised and educated there.

She was a member of Sacred Heart Church.

Her husband, Almanzor A. Vachon, died in 1985.

She leaves a daughter, Jeannette T. Dupuis of Feeding Hills; a sister, Grace Belanger of Agawam; five grandchildren; 10 great-grandchildren; and a great-great-grandchild.

The funeral was held at West Springfield Curran-Jones Funeral Home and in the church, with a private burial.

Yolanda M. Silvestri

Yolanda M. (Branchesi) Silvestri, 76, of 67 Highland Street in Feeding Hills, died recently at home.

She was a 39-year employee of the Albert Steiger Department Store in Springfield and worked later at the Stop & Shop Supermarket in Feeding Hills.

Born and schooled in Derby, CT, she was a communicant of Sacred Heart Church and a member of the Senior Center.

She was a long-time resident of Feeding Hills.

Her husband, Alfonso A. Silvestri, died in 1982.

She leaves a daughter, Joanne M. Freeman of Feeding Hills; a brother, Bruno Branchesi of Springfield; a sister, Emalinda M. Gaconda of Feeding Hills; and two grandchildren.

A memorial service was held in the church, with burial in Springfield Street Cemetery. Colonial-Forastiere Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Hospice of Western Massachusetts, 50 Maple Street, P.O. Box 9058, Springfield, MA 01102.

Josephine M. Raffinetti

Josephine M. Raffinetti, 81, of 62 Maple Street, Agawam, died recently in a local nursing home.

She was a knitter and sewer at the former Carter's Clothing in Springfield for 30 years, retiring in 1980.

Born in Springfield, she was a lifelong resident of Agawam.

She was a communicant of St. Anthony of Padua Church and a member of the Agawam Golden Age Club, Chapter 2.

She leaves two sisters, Rena Steele of Schenectady, New York, and Marjorie Colli of Agawam; a nephew, David Steele; and a niece, Serena Trombley.

The funeral was held at Agawam Funeral Home, with burial at the convenience of the family in St. Thomas Cemetery, West Springfield.

Memorial contributions may be made to the American Heart Association, 1111 Elm Street, Suite 9A, West Springfield, MA 01089.

* * *

Please remember
to patronize
your local
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ADVERTISER NEWS

* * *

Joan M. Williams

Joan M. (Martin) Williams, 67, of 106 School Street, Agawam, died recently in a local nursing home.

She had worked as a dental hygienist for area dentists, and retired from Dr. Thomas C. Morrier's office in Feeding Hills.

Born in Pawtucket, Rhode Island, she grew up in Westwood, Massachusetts, and was a graduate of Westwood High School.

She received her associate's degree as a dental hygienist from Forsythe Dental School in Boston.

She was a member of area cribbage leagues, a member of the Western Massachusetts Women's Golf League, and a former member of Oak Ridge Country Club.

She was also a member of the Agawam Congregational Church.

She leaves her husband, John H. Williams, Jr.; two sons, John H. Williams III of West Springfield and David W. Williams of Agawam; a daughter, Elizabeth A. Alberts of Tijeras, New Mexico; and four grandchildren.

A memorial service was held at the Agawam Congregational Church, with burial at the convenience of the family. Agawam Funeral Home was in charge of the arrangements.

Donations may be made to the Hospice of Pioneer Valley, 50 Maple Street, Box 9058, Springfield, MA 01102-9058.

John B. Craig

John B. "Jack" Craig, 61, of 239 Southwick Street, Feeding Hills, died recently in Mercy Hospital in Feeding Hills.

He had worked as a vending machine mechanic for Bell Food Service in Glastonbury, CT, for 25 years, retiring in 1998.

Born in Hartford, CT, he lived in West Springfield and was a 1955 graduate of West Springfield High School.

He moved to Agawam in 1960 and was a member of the Agawam Revolver Club.

He was a member of the National Rifle Association and the American Pool Players Association.

He was a Vietnam Army veteran, a second-degree Knights of Columbus Unity Council No. 2212 member, and a communicant of Sacred Heart Church.

He leaves his wife, the former Nancy A. Newton; three sons, John M. of Somers, CT, William E. of Windsor, CT, and James at home; two daughters, Lori A. Furgerson of Suffield, CT, and Jean A. Lucey of Somers, CT; a brother, Donald W. of Conway; and seven grandchildren.

The funeral was held at Agawam Funeral Home, with burial at the convenience of the family.

In lieu of flowers, donations may be made to the American Cancer Society, 53 Capital Drive, West Springfield, MA 01089.

From The Agawam Fire Department...

Voluntary Recall Of One-Million Carbon Monoxide Detectors

The Agawam Fire Department has announced a voluntary manufacturer's recall of about one-million carbon monoxide detectors, including 650,000 Nighthawks and 350,000 Lifesavers.

Chief David Pisano said Kidde Safety of Mebane, North Carolina, in cooperation with the U.S. Consumer Product Safety Commission, announced the recall.

Both brands contain potential defects that could render them inoperative. For additional information, call Kidde Safety, toll-free at 888-543-3346, Monday-Friday, from 8:00 a.m.-8:00 p.m.

Keenan Honored By Recent Reader's Poll

State Representative Daniel F. Keenan has been named the second most popular local politician according to a recent reader's poll in the *Springfield Valley Advocate*, a weekly news publication distributed throughout the Pioneer Valley.

Rep. Keenan, a highly visible figure in the community, attributes this honor to his constituency.

"I represent six great communities," expressed Keenan. "They make my job interesting and fun."

Rep. Keenan is currently serving his third term in the Massachusetts House of Representatives. Entering his fifth year, he continues to fight for better jobs, better schools, and a better way of life for all citizens of the Commonwealth.

LEGAL NOTICE

LEGAL NOTICE

AUCTION SALE

Unclaimed bicycles and miscellaneous items - the Agawam Police Department being the holder of unclaimed bicycles and miscellaneous items of every description and nature will sell at public auction, Saturday, May 22, 1999 at 10:00 a.m. at 681 Springfield Street, Agawam, Massachusetts to the highest bidder, single units. Terms cash in accordance with MA. General Laws Chapter No. 135, Sections 7 & 8.

Aaron Posnik & Co., Inc.
Auctioneers
MA License No. 161

Published: May 6, 1999

MOTHER'S DAY

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Families



ERIC COPSON

Private First Class Eric Copson Deployed To Bosnia

Private First Class Eric Copson was deployed to Bosnia on February 17, 1999 as part of the peace-keeping mission of the Operation Joint Force troops with the United States Infantry.

He successfully completed a rigorous 16-week individual Infantry training which included weapons, individual tactics, physical conditioning, field craft, military drills, and ceremonies. The Brigade Training Course began June 11, 1998 and PFC Copson achieved the highest level of rifle expert marksmanship at that time.

PFC Copson received his diploma on September 24, 1998 during graduation ceremonies at Fort Benning, Georgia. As part of the First Platoon Raiders, he also participated in military drills and ceremonies performed by Bravo Company. He was distinguished as a U.S. Army Infantryman during the "Turning Blue" Ceremony on Family Day. His father, Charles Copson, had the privilege to pin the blue Infantry cord onto his uniform during the ceremony.

PFC Copson is a 1997 Agawam High School graduate. He attended Johnson & Wales University for two semesters before enlisting in the U.S. Army Infantry. After his Infantry graduation, he returned to Agawam for his first assigned duty as a hometown recruiter. He was then assigned to Fort Drum, New York, where he attended class on criminal law and completed his military vehicle driver's training course.

His parents, Charles and Iris Copson, reside in Feeding Hills with his younger brother, Luke, a junior at Agawam High School. PFC Copson's older brother, Lee Copson, is a meteorologist on KRBC television, Channel 9, in Abilene, Texas.

PFC Copson will spend six months overseas and has been assigned as a Humvee driver, patrolling villages during the NATO air strikes over Kosovo and Belgrade.

Future Trips Leaving From The Agawam Senior Center

Monday, May 10th: 8:00 a.m. - ASGA (Agawam Senior Games Athletes) Mohegan Trip, \$16. Contact Vi, 786-3164.

Thursday, May 13th: 8:30 a.m. - Vanity Fair Shopping Trip, \$20. Contact Joan at the Senior Center, 786-0400, ext. 242.

Thursday, June 17th: 9:00 a.m. - Cathedral of the Pines & Lunt Silver, \$20.

Thursday, July 15th: 9:00 a.m. - Laughing Lobster in Rhode Island, \$54. Contact Joan at the Senior Center, 786-0400, ext. 242.

Other trips to watch for: Pawtucket Red Sox Game; Tanglewood; Whale Watching; Deep Sea Fishing; and Connecticut River Cruise & Lunch.

If interested, call Joan at the Senior Center, 786-0400, ext. 242.

Charles E. Jones Completes Marine Basic Training

Marine Pfc. Charles E. Jones, son of Charles E. Jones of 29 Sunnyslope Avenue, Agawam, recently completed basic training at Marine Corps Recruit Depot, Parris Island, South Carolina.

Jones successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally.

Jones and fellow recruits began their training at 5:00 a.m. by running three miles and performing calisthenics.

In addition to the physical conditioning program, Jones spent numerous hours in classroom and field assignments, which included learning first aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat, and assorted weapons training. They performed close order drill and operated as a small infantry unit during field training.

Jones and other recruits also received instruction on the Marine Corps' core values — honor, courage and commitment, and what the words mean in guiding personal and professional conduct.

Jones and fellow recruits ended the training phase with The Crucible, a 54-hour team effort, problem solving evolution which culminated with an emotional ceremony in which the recruits were presented the Marine Corps Emblem, and were addressed as "Marines" for the first time since boot camp began.

Jones joins 41,000 men and women who will enter the Marine Corps this year from all over the country.

He is a 1991 graduate of Central High School of Springfield, MA.

* * *

Our classified ads will bring you fast, fast results...

* * *

Agawam Historical Assoc. To Hold Tag Sale For Museum

The tag sale you've been waiting for takes place on Friday, May 14th, and Saturday, May 15th, at the old Elm Street Fire Station, the future home of the Agawam Historical & Fire House Museum.

The Agawam Historical Association is holding a tag sale on those days to raise funds for the renovation and running of the museum.

A great selection of toys, books, exercise equipment, and household items has been donated by townspeople for sale. Historical Association president Rick Bellico hopes "this tag sale will become an annual event to help defray the operating costs of the museum."

The tag sale will be held rain or shine (outdoors if the weather's fine; inside if rain threatens).

The tag sale will be open from 9:00 a.m. until 4:00 p.m. on both days.

(If anyone still has items that they'd like to donate to the tag sale, please leave them at the Fire House Museum on May 11th and 12th.)

Sponsored By Agawam Cultural Council...

"Sinatra Revisited" To Be Performed At Ag. Middle School

The Agawam Cultural Council, in conjunction with the Massachusetts Cultural Council, is proud to present Patrick Tobin performing his "Sinatra Revisited" show.

"Sinatra Revisited" will take place at the Agawam Middle School on Main Street on Friday, May 7th, at 7:30 p.m.

Parking is available behind the school building. Admission is free, and all are welcome.

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Best local news!!!

Lee Copson Is Now A Meteorologist In Abilene, Texas

Lee Copson has relocated to Abilene, Texas to launch his career as a meteorologist on KRBC Television, Channel 9, an affiliate of NBC.

Copson is a 1993 National Honor Society graduate of Agawam High School. He went on to attend the State University of New York in Albany and graduated with his BS Degree in May 1997 as a meteorologist. At SUNY, he majored in atmospheric science with minors in Spanish and mathematics. He attained the Dean's List of Distinguished Students and was a member of the Golden Key National Honor Society.

In Albany, Copson interned at WNYT News Channel 13, NBC as a college senior and at the National Weather Service during his junior year. He also broadcast weather forecasts over the National Oceanic and Atmospheric Association weather radio while at SUNY.

When Copson returned to the Feeding Hills area in 1997, he assisted the chief meteorologist of WVIT Channel 30, NBC in Hartford, Connecticut. For the past year, he worked as an Inorganic Lab Analyst for Spectrum Analytical in the Agawam Industrial Center.

He is the eldest son of Charles and Iris Copson, who reside in Feeding Hills with their youngest son, Luke, who is a junior at Agawam High School this year. Their second born is PFC Eric Copson, who was deployed for six months to Bosnia as a U.S. Army Infantryman on February 17, 1999. The Copsons have owned and operated Dynamic Transmissions, Inc. in Springfield since 1991.

The Fun Has Begun! Riverside Park Now Open For The 1999 Season

The coasters are rolling at Riverside! Crowds rushed into Riverside Park on Saturday morning, April 24th, as town and Park officials and two young guests cut the ribbon on opening day. Over \$30 million of new rides and attractions highlight the 1999 season.

"We've got more than 20 new rides, shows, restaurants, and attractions this year," says Public Relations Manager Jerry Gretzinger. "Guests are going to be amazed at how different the park looks. It's really a new Riverside in '99."

Screams of delight are already echoing from the new Double Trouble, a first of its kind double inverting thrill ride. Guests are gawking as they take a whirlwind safari through the KonTiki. The Tomahawk looms large over Crack Axle Canyon. And everyone's wide-eyed as they gaze at the Hellevator, Mind Eraser, Cyclone, Thunderbolt, Time Warp, Twister, and the dozens of other awesome rides at Riverside this year.

You may feel as if you've taken a step back in time when visiting Riverside's Rockville, USA, a small town out of the 1950's. No detail has been overlooked. You'll find it all in Rockville, including '57 Chevys, a '50s diner, the town, the high school ... even the music revue Doo Wah Ditties!

Gretzinger says a theme park classic is creating a lot of excitement this year. "The Stampede is a state-of-the-art bumper car ride. People love bumper cars and they don't get any better than this." The Stampede is just one of six exciting new rides finding a home in Crack Axle Canyon, the entirely new western-themed area.

Riverside is now open for weekend operations through Memorial Day Weekend. "It's a completely new experience for guests this year," adds Gretzinger. "You'll be amazed at how much has changed. If you haven't been to Riverside lately, you haven't been at all!"

Riverside Park is owned by Six Flags/Premier Parks, Inc., the world's largest regional theme park company with 31 parks, including parks serving nine of the 10 largest metropolitan areas in the United States and six locations in Europe. The company annually hosts nearly 38 million guests.

A publicly held corporation with corporate offices in New York City and Oklahoma City, Premier Parks trades on the NYSE under the symbol: PKS.



KARL SCHMAELZLE (left), Union President of the Agawam firefighters (Local No. 1973), and Don Wells, Union Treasurer, present a \$1,000 check to Wilma Gillan, chairperson of the Thermal Imaging Unit Fund, and Stephanie Bertagnolli, member of the Agawam Junior Women's Club. Advertiser News photo by Jack Devine.

Agawam Firefighters Make Donation Of \$1,000 For Thermal Imaging Unit

Agawam firefighters (Local No. 1973) recently made a generous donation of \$1,000 to the "Thermal Imaging Unit Fund."

Making the presentation was Donald Wells, Treasurer, and Karl Schmaelzle, Union President. Representing the Agawam Junior Women's Club were Wilma Gillan, chairperson of the Fund, and

Stephanie Bertagnolli, committee member.

The support the firefighters have given during the past year (not only monetarily but by their attendance at several functions held to raise funds for the camera) is most appreciated.

The goal is now within reach. We look forward to completing this project in the near future.

Updates Regarding Agawam Senior Center Activities

Please note that movies will be shown at 12:30 p.m. on Thursdays in May and June.

Line dancing is now held on Tuesdays at 1:00 p.m.

There is no charge to submit wedding, engagement, and birth announcements in The AAN...

Seniors Sought For Shuffleboard Play

It is that time of the year again. That's right ... shuffleboard! Prepare for the Senior Games (June 13th-15th) or come just for fun and companionship.

The "shuffleboarders" play at Forest Park in Springfield on Tuesdays (weather permitting). Those that wish to participate are asked to meet at the Agawam Senior Center at 1:00 p.m.

For an application for the Senior Games, come to the Senior Center and see Joan.

Call the Senior Center, 786-0400, ext. 242, or Janice, 786-6510, if you are interested in participating in shuffleboard. Hope to hear from you!

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- * Roast Prime Rib of Beef
- * Baked Stuffed Shrimp
- * Surf and Turf
- * Chicken Francaise
- * Twin Tenderloins of Beef
- * Lamb Chops
- * Roast Turkey Dinner
- * Roast Stuffed Loin of Pork
- * Porterhouse Steak

Appetizers and desserts available!

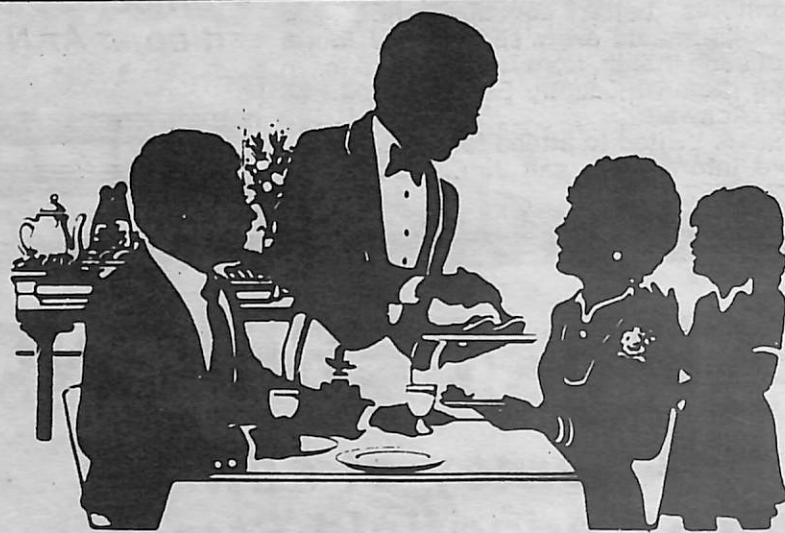


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Be Given To A Lucky Mom.
Allow Us To Help You Treat
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Mother's Day Chef's Prime Rib Dinner

All meals served with choice of
soup or salad, pasta, potatoes,
and vegetable served family style.

Banquet Facilities Available



ETHAN AND KYLE RIVERA

The Rivera Family Announces Birth Of Second Son, Ethan

Radames and Shannon Regnier-Rivera are proud to announce the birth of their second son, Ethan Hunter Remo Rivera.

Ethan was born on January 25, 1999 at 11:02 a.m. in the Family Life Center at Mercy Hospital in Springfield. He weighed nine pounds, five ounces, and was 21 inches long.

Big brother Kyle was ecstatic to welcome home a new baby brother.

Maternal grandparents are Kip Regnier and Mary Barnes of Feeding Hills, and Donna Regnier and Bob Milar of Westfield. Paternal grandparents are Radames Sr. and Tina Rivera, and Laura Rivera and William Cortes of Philadelphia, Pennsylvania.

Great-grandparents are Edgar and Virginia Regnier of Feeding Hills, and Stacia Steglinski of Westfield.

TOASTMASTERS Meet In Agawam Twice A Month

Agawam/West Side TOASTMASTERS, a club which promotes better communication and speaking skills, meets every second and fourth Thursday of each month, from 7:00 to 8:30 p.m., in the meeting room of Country Estates, 1200 Suffolk Street, Agawam.

The public is invited to attend for free. For more information, call Jim, 789-2925, or Richard, 786-0887.

UNICO Planning 2nd Annual Golf Outing For June 6th

On Sunday, June 6th, the Agawam Chapter of UNICO National will be holding its second annual UNICO Golf Tournament at the Agawam Country Club.

According to Joe Conte, Jr., first vice-president of the Agawam Chapter and chairman of this year's upcoming tournament, this event will feature a hole-in-one contest, with a 1999 automobile as a grand prize.

There will also be two golf packages (one to Florida, and one to Texas), as well as many, many other prizes for everyone. What's more, there will be a complete steak dinner at the Italian Sporting Club on Cooper Street, Agawam, following the tournament.

Once again this year, the tournament will be a scramble, best ball format, and tickets are \$50 per person and \$200 per foursome. Last year's tournament was a sellout, so plan on purchasing your tickets early to assure a chance to play in this great tournament.

Tickets and additional information are available by calling Joe Conte, Jr. at 786-6700, Gene Mutti at 786-7644, or John Conte at 786-9518.

All the hometown news with us, each and every week ... AAN!!!

* * *

A notice regarding wedding, engagement, and birth announcements — if you want your photo returned to you, please submit a self-addressed, stamped envelope with your announcement. Otherwise, we ask that you come to our office to pick it up ... AAN!!!

* * *



UNICO MEMBERS preparing for their golf tournament: Bob Rossi, Joe Conte, Jr., Dick DiLullo, Don Hanna, John Conte, and Sal Morassi. Advertiser News photo by Jack Devine.

SPRING SALE

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- Free Gift With Purchase
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Agawam Women's Club Elects New Officers

The final meeting of the Agawam Women's Club's 1998-1999 season was held recently at the Captain Charles Leonard House.

The Club has had a busy year and has completed several community service projects. At the last meeting, it was voted to contribute to other projects, namely to donate \$100 to the Agawam Police Department for a Profile Sketch Kit; \$100 to the Agawam Fire Department toward the Imaging Camera; and \$200 to the Captain Charles Leonard House.

Also, it was voted to present a graduating High School senior with a scholarship toward college.

The outgoing officers were thanked for their contribution to the Club for this past year, and the 1999-2000 officers were installed.

The new slate of officers are as follows:

President — Mrs. Faith Freeman; First Vice-President — Mrs. Marjorie Greenough; Second Vice-President — Mrs. Sandy Mueller; Recording Secretary — Miss Jean Goss; Corresponding Secretary — Mrs. Bernice Nowill; Treasurer — Mrs. Phyllis Catchepaugh; Assistant Treasurer — Mrs. Alice Collins; and Directors — Mrs. Jessie Fuller, Mrs. Dorothy Jenks, and Mrs. Doris Kistner.

We are all looking forward to another great year starting in September. New members are always welcome!



IN LEFT PHOTO: Back row - Doris Kistner, Dorothy Jenks, Sandra Mueller, Bea Nowill, and Jean Goss. Front row - Jessie Fuller, Phyllis Catchepaugh, and Alice Collins. IN RIGHT PHOTO: Back row - Doris Kistner, Elaine Smith, Alice Collins, Jeanne Webster, and Phyllis Catchepaugh. Front row - Sandra Mueller, Bea Nowill, and Phyllis Damon. Advertiser News photos by Jack Devine.

Agawam Garden Club To Meet On Tuesday, May 11th, at Captain Charles Leonard House

With the pleasant weather lately, I do believe you are seeing a bit of color in your gardens. I don't know about you, but The Agawam Garden Club is full of anticipation, just waiting to see all the colors soon to come in our gardens.

You don't want to miss our next meeting on Tuesday, May 11th at 7:00 p.m. Our guest speaker, Ms. Barbara Schaedler, will be covering "Color in Your Garden."

Ms. Schaedler is an award-winning Registered Landscape Architect with 20 years professional experience. She is an Associate Professor and Chair of the Landscape Design & Management

Technology Program at Springfield Technical Community College.

Ms. Schaedler assisted the Departments of Arbor Day Community in the founding of the STCC Arboretum, for which she was awarded the Distinguished Service Award for the Engineering School for the academic year 1997-98. Her awards include election to the Class of 1981 Academy of Women Achievers by the YWCA of NYC, a Certificate of Merit for "Service to the Community" from President Jimmy Carter, and the New York Association of Landscape Contractors Gold Award for the Design & Construction of Freeman Square of NYC.

Ms. Schaedler is a resident of Agawam and is a member of the Agawam Garden Club.

The meeting location is the Captain Charles Leonard House at 663 Main Street in Agawam. Guests are always welcome, so bring a friend. Guest fee is \$1 and refreshments will be served following the program.

You also want to mark your calendar for Saturday, May 15th at 9:15 a.m. The Agawam Garden Club will be having their Annual Plant Sale on the grounds of the Captain Leonard House. This event is open to the public. Soil testing will be available for \$1.

Faces Only A Mother Could Love, But Mom Loves Their Pizza!



Big brother Eddie Santaniello and little brother Freddie Santaniello being good boys for Mom back in the old country.

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Happy Mother's Day
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Riverside Opens With \$30 Million Of New Rides And Attractions

suspended from the intersection of four angled support beams. The gondola rocks back and forth while spinning like a frisbee. Designed by German ride manufacturer HUSS, the Tomahawk will turn heads ... and stomachs!

BLIZZARD RIVER

The elaborately themed, winterized white water rafting adventure boasts nearly a million gallons of water. Eight guests settle into the padded seats of a round raft and set out down the mighty Blizzard River.

"Raft rides like Blizzard River are the single most popular family attractions at theme parks across the country," says Black. "So many rides only seat one or two people at a time. Blizzard River lets the whole family enjoy the same exhilarating experience!"

Guests bump their way through bends and bottlenecks as their raft glides along the 1,400-foot river. Blizzard River comes complete with strategically placed waterfalls and geysers, designed to give riders a good soaking.

Situated near the Skyride and the Cyclone, Blizzard River is more than just a ride. It's a fantastic family adventure.

OTHER NEW ATTRACTIONS

Double Trouble, a first of its kind double inverted thrill ride, every bit as intense as a coaster, will make its New England premiere at Riverside. Two cars are suspended by enormous swing arms. These arms lift the cars five stories in the air and begin to rotate 360 degrees.

While the arms spin in one direction, the cars themselves begin to roll in the opposite direction. Every bit as intense as a roller coaster, Double Trouble maintains an average of eight rotations per minute. Over-the-shoulder restraints keep riders securely in place.

Sharing the spotlight with Double Trouble are the rocking and rolling African wonderland, the Kontiki, and the new **Family Tea Cups**.

A large circular platform hosts four smaller "platters." On these platters are three Tea Cups. A wheel in the center of each cup allows the riders to control their spin speed. But as the Tea Cups spin, the platters and platform also spin. It's not uncommon to walk a little wobbly after steeping in the Tea Cups.

Between rides visitors will enjoy the new 50's themed area, **Rockville, USA**. And don't miss the entertainment at **Rockville High School**. Sit back and enjoy an exciting show that takes you to decades past.

Riverside is now open for weekend operations through Memorial Day Weekend. Daily operations begin May 28th. The adult admission price for 1999 is \$27.99.

Riverside Park is owned by Six Flags/Premier Parks, Inc., the world's largest regional theme park company with 31 parks, including parks serving nine of the 10 largest metropolitan areas in the United States and six locations in Europe. The company annually hosts nearly 38 million guests. A publicly held corporation with corporate offices in New York City and Oklahoma City, Premier Parks trades on the NYSE under the symbol: PKS.

CATABRESSE FARMS

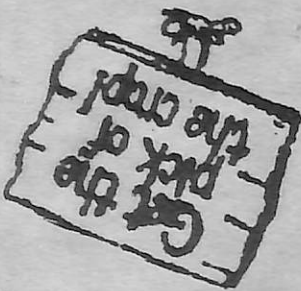
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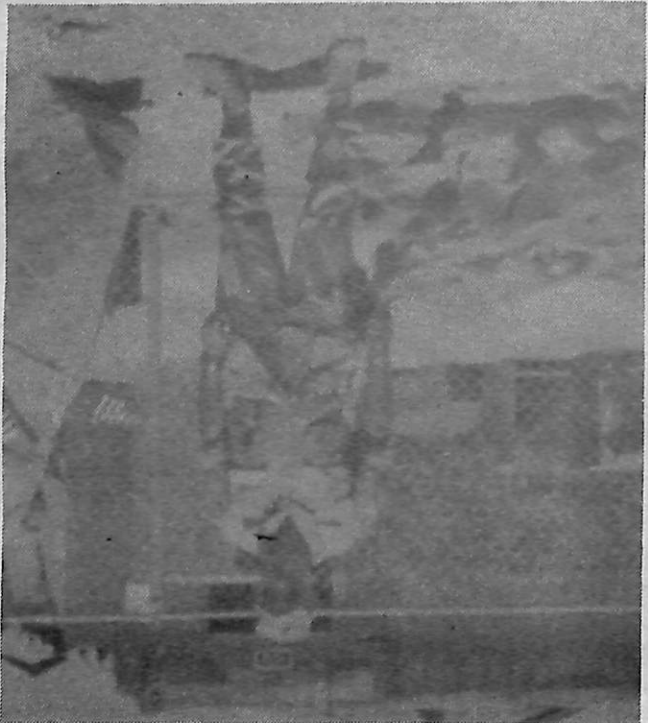
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Master Sgt. Kenneth Morytko On Active Duty In Saudi Arabia

KENNETH L. MORYTKO

Master Sergeant Kenneth L. Morytko is on active duty in Saudi Arabia. He has been assigned to Prince Sultan AFB with the 363rd CEC/CEFF Expeditionary Squadron as Deputy Fire Chief. Kenneth is a member of the 439th CES Fire Dept. at Westover AFB, and resides with his family in Feeding Hills.

Ag. Senior Center's Weekly Lunch Menu

Monday, May 10th: Salisbury steak with gravy, mashed potatoes, carrots, oat bread, cantaloupe.
Tuesday, May 11th: Turkey chow mein, fluffy white rice, zucchini, rye bread, Jell-O with fruit.
Wednesday, May 12th: New dish — vegetable pasta roll-up, meatballs, tossed salad, wheat roll, brownie.
Thursday, May 13th: Baked chicken leg, baked potato, baby lima beans, oat meal bread, pears.
Friday, May 14th: Baked fish, rice Pilaf, spinach, pumpernickel bread, prunes.
(Menu subject to change without notice.)

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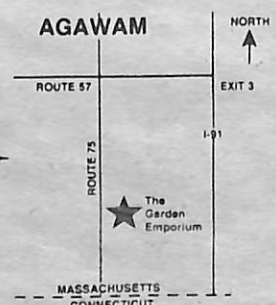
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"Remember Me This Way" — AHS's 1999 Prom



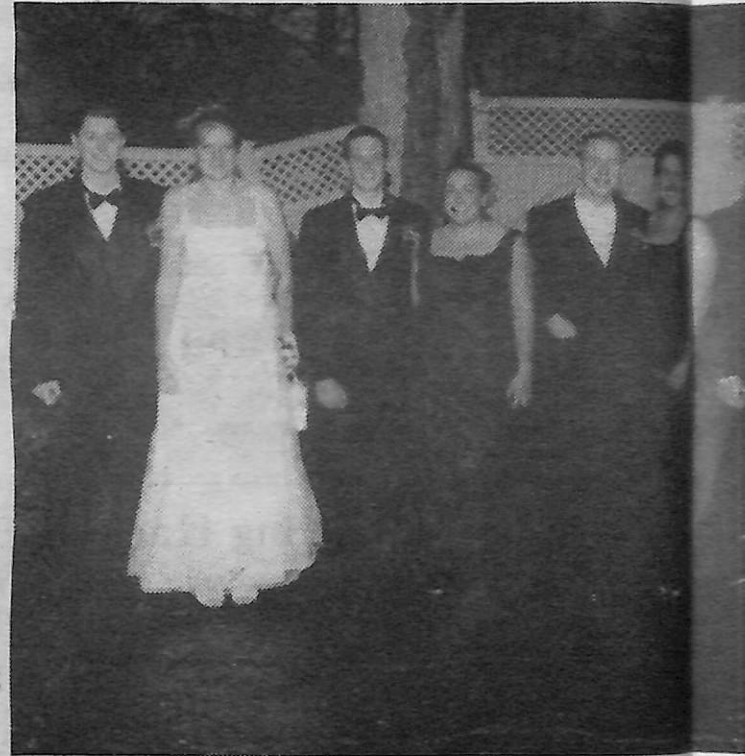
Brian Rondeau, Jen Niedziela, Josh Beaudry, Alscyn Siano, Mario Santillo, Mary Manning, Mike Klein, and Libby Sussman.



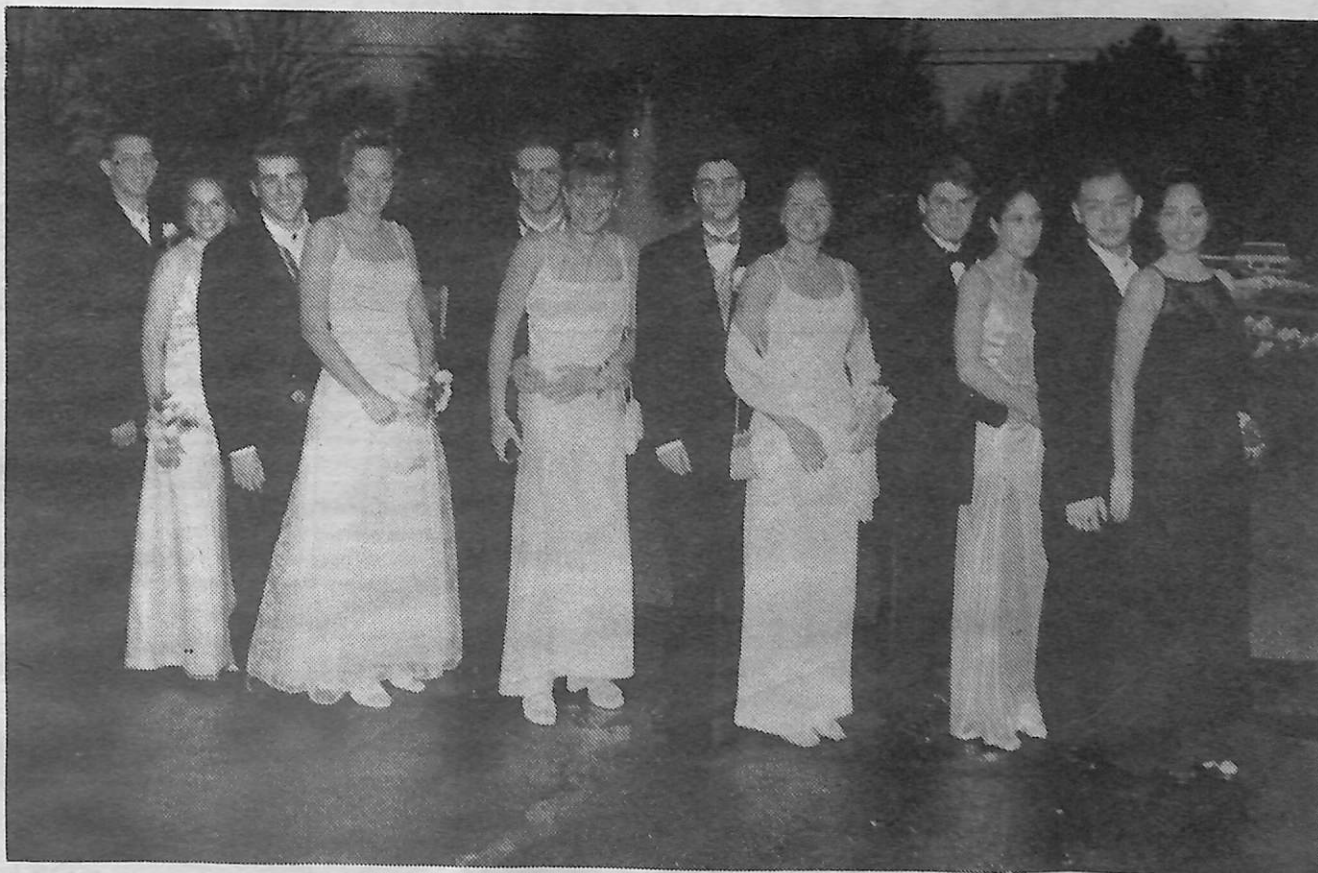
Nicole Koehler, Matt Sharpe, Sheri Benton, Jason D. Lucy Young, Victor Romano, and Judy Hamlin.



Joe Stolpinski, Kristen Lawson, Jonathan Silva, Marie Buendo, Derek Mercadante, Kerry McGeoghan, Steve Hearn, Julie Hearn, Adam Escobar, and Kaitlin White.



Alan Cavanna, Vanessa Januska, Matt Wadleigh, Alan Cross, Jay Wadleigh, Amanda Cunningham, Paul L.



Mike Carney, Kate Tierney, Aaron Skowrya, Suzanne Svadeba, Tom Shibley, Becky Crum, Joe Halpy, Steph Sadowski, Eric Preston, Noelle Baskin, Sean Woodard, and Stephanie Prout.

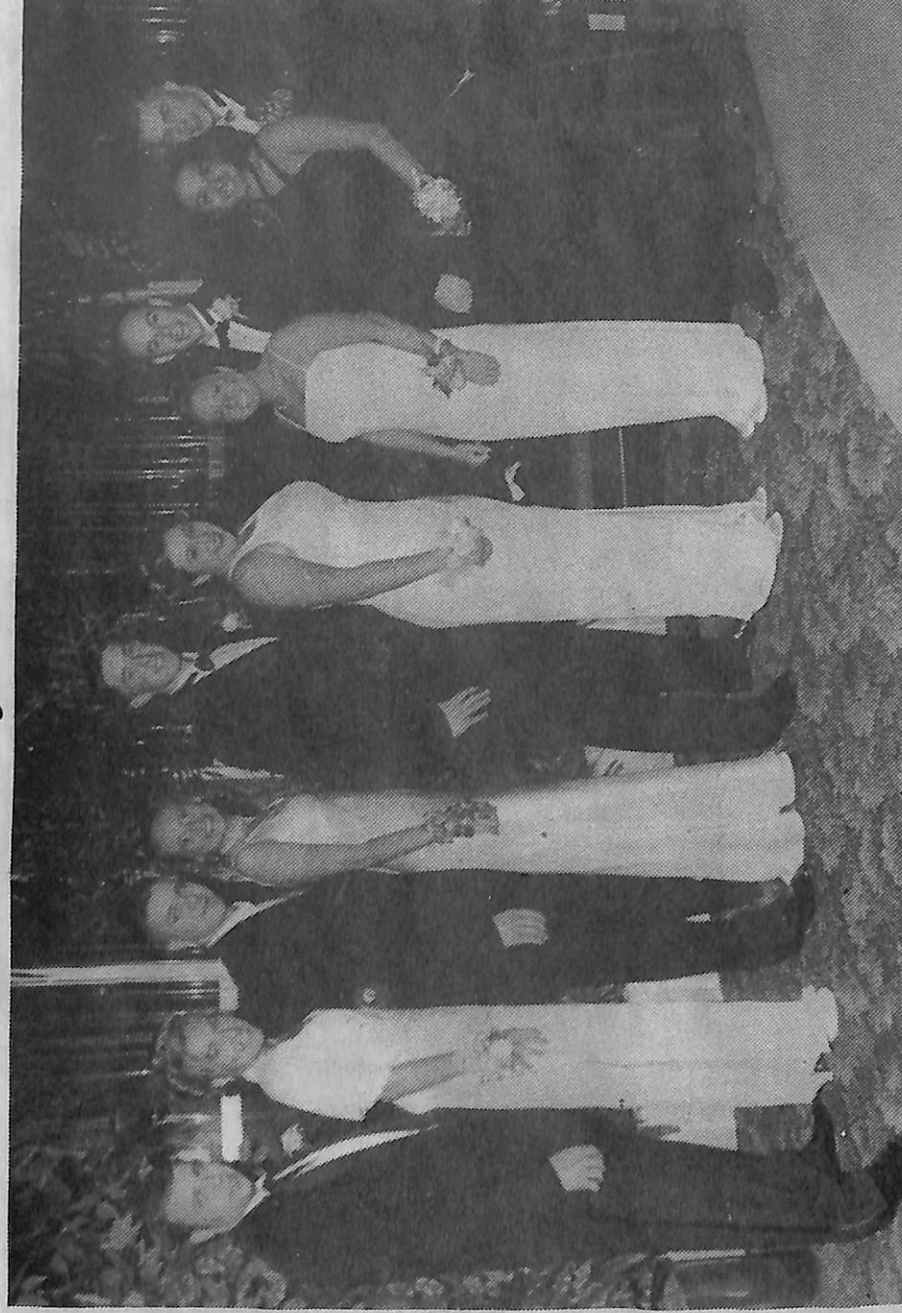


Jenna Butler, Amanda Burgess, Tammie Drewnows, Mullaney, Jen Cook, Wes Pomeroy, Nicole Mullaney,

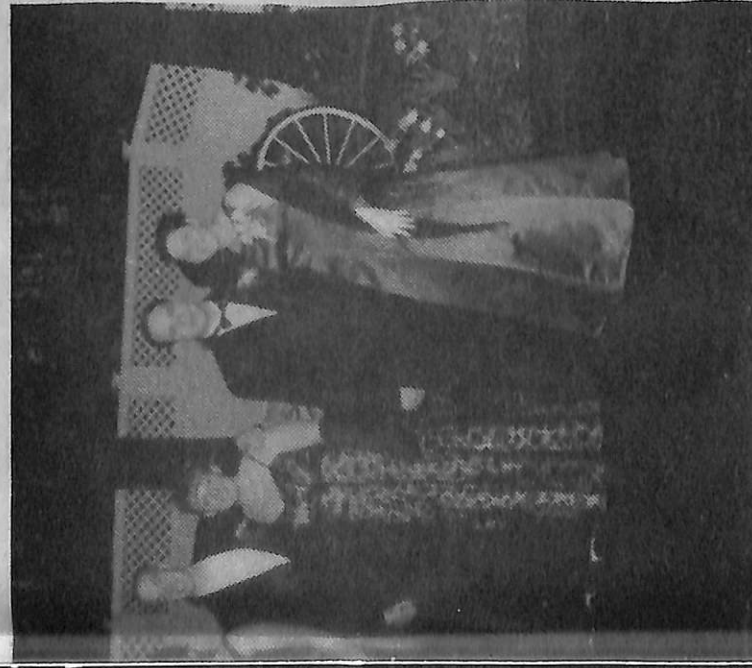
m — Friday, April 23rd, At Chez Josef



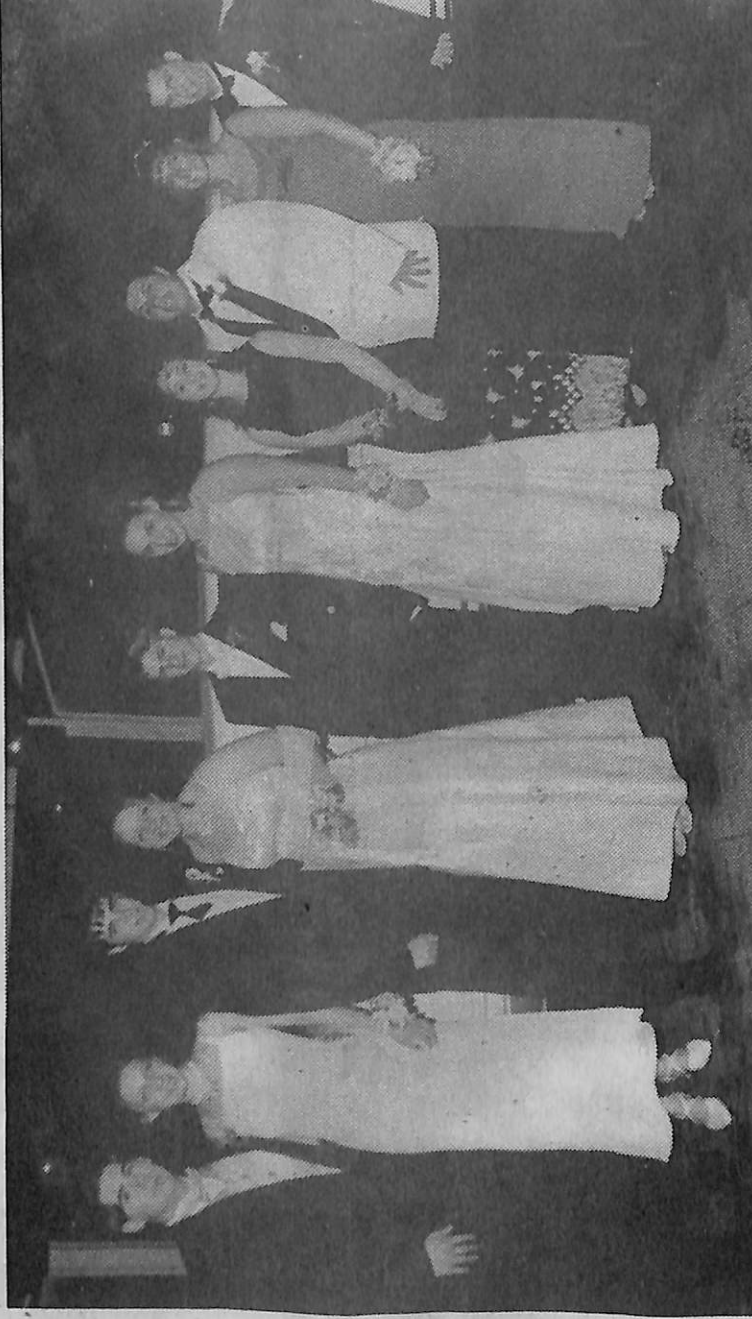
Jon Daigneau, Lynn Hopkins, Jon Archambault, and Julie.



Chris Rousseau, Tammy Norton, Bill Ezold, Erin Lightcap, Ian Hogan, Carianne Bussolari, Jen Sommer, Justin Bonazelli, Katie Waterman, and Mark Vincelette II.



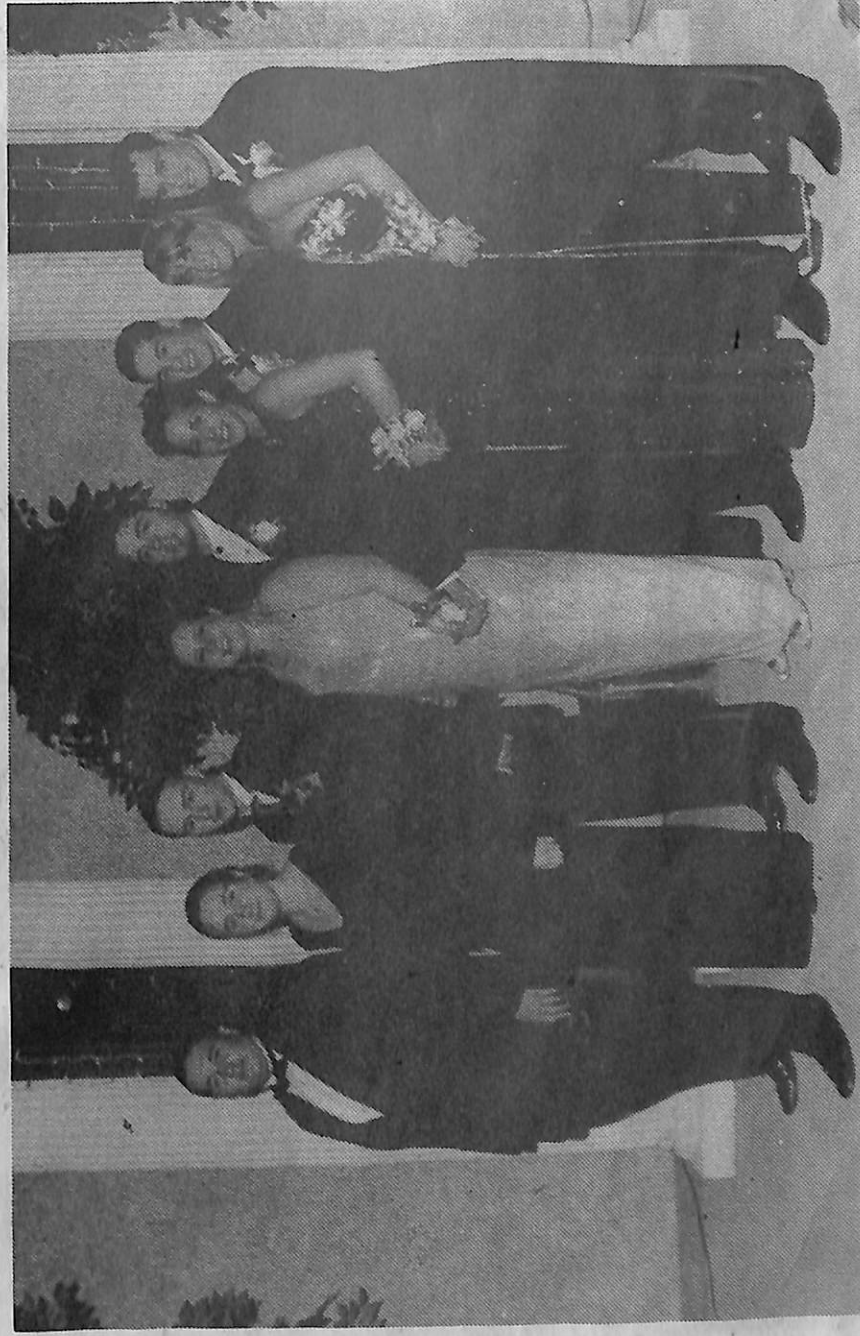
igh, Laurie Sakowicz, Mike Reading, Valerie Paul Lalli, and Angela Gontczaruk.



Nathan Meade, Nina Konig, Chris Trevelhan, Tara Fleming, Ryan Gilbert, Eva Donnerhack, Kimberly Bosini, Joseph DeCaro, Elizabeth Curry, and Mark Brittain.



nowski, Scott Guyer, Holly LaDoe, Nick Gonyea, and Melissa Williams.



Asbel Nunez, Jr., Amy Starr, Robert Wrigley, Gwen Gonyea, Peter Ferioli, Franca Bonavita, David Federico, Christine Campbell, and Alfonso Giorella.

A Night To Remember At Chez Josef...



Back row: Charlie Denison, Alison Jackobek, Justin Kratovil, and Christine Bowers. Middle row: David Riag, Terri Cimma, Paul Lalli, and Angela Gontczaruk. Front row: Jeff Spillner, Alyssa Gagnon, Peter Drewniak, Rebecca Rising, Leana Frink, Ray Bohaker, and Jessica Siegler.



Among the guests at this year's prom (which was held on Friday, April 23rd) were Mayor Christopher Johnson and his wife, Anna, as well as members of the Agawam High School faculty and administration with their spouses.



Back row: Jeff King, Mike Raynor, Timothy Jenks, Dylan Burns, and Henry DeKastrozza. Front row: Becky Thomson, Raquel Rodriguez, Elizabeth Butler, Caradello Russo, and Renee Robichaud.



Back row: Keith Paro, Paul Johnson, Scott Miltimore, and Richard Skowyra. Front row: Danielle Bourdeau, April Carreau, Jessica Menard, and Brenna McGinn.

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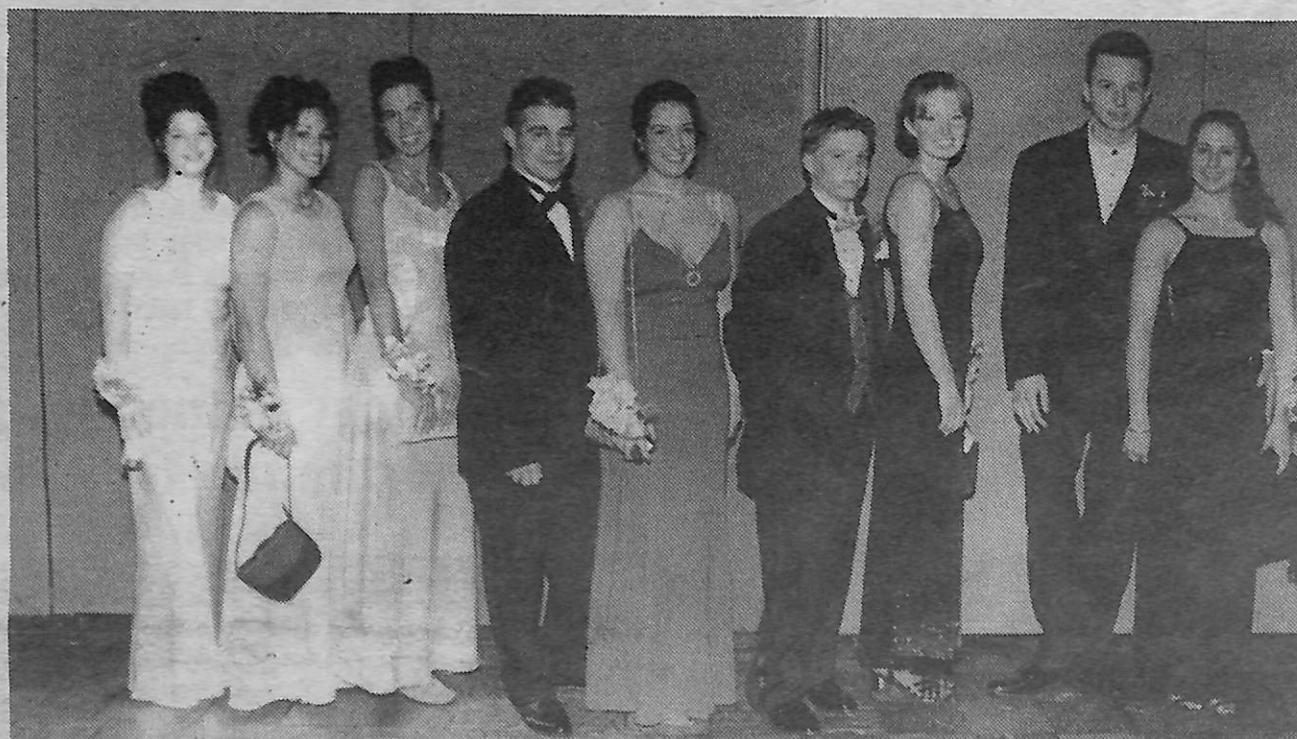
Peter Moore, Jen Lock, Brian Gilhooly, Nicole Ghaname, Myke Rinaldi, and Jenn Harvey.



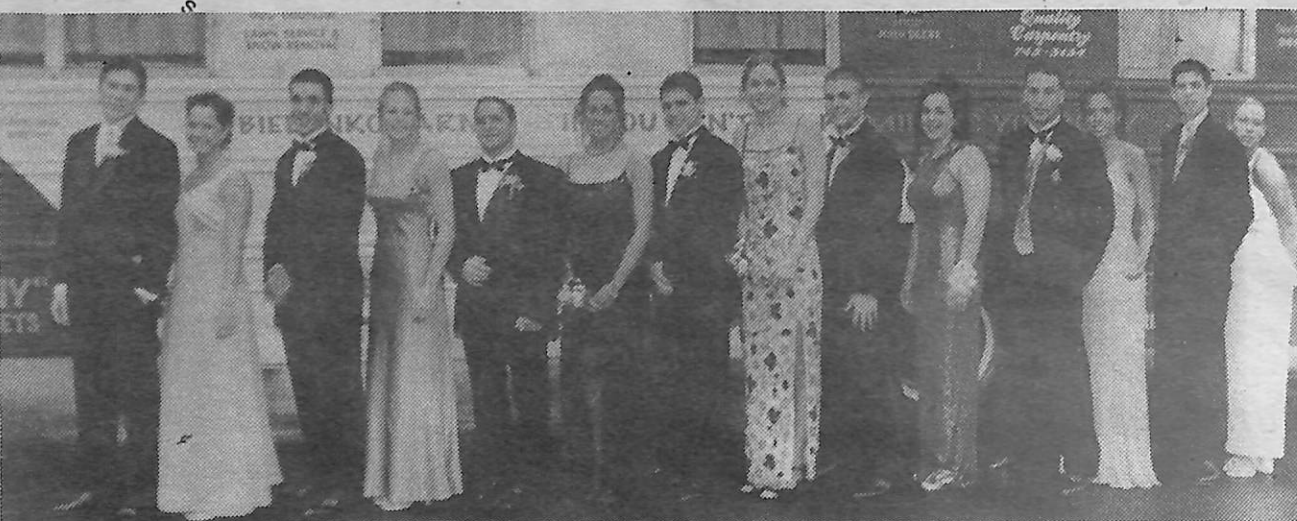
Ian Hart, Jessica Dutton, Brian Machos, Sarah Mitchell, Umberto Santaniello, Nicole Macey, David Gallerani, Aimee Piccin, Vinnie Curto, Cassie Andre, Mark Graveline, Jillian Abbow, Tony Planzo, Jill Maslowski, Mike Basile, and Nikita Reshamwala.



Mike Dansereau, Caroline Scherpa, Cathy Dickinson, Brian Gallagher, Jay Flood, and Michelle Beaudette.



Amie Braica, Leila Sekkal, Carey Baum, Matthew Slattery, Dawn Bucalo, Dave Hearn, Marisa McLaughlin, Frank Laskowski, and Heather Crescentini.



Tim Corlett, Christine Gallant, Dan Balbony, Katie Shannon, Mark Foresi, Lindsay Mason, Dave Salter, Melissa Cote, Blake Bryan, Lindsey Hadden, Brian St. Jean, Kaila Larrivee, Scott Harlin, and Lauren Piccin.

* * *

All photos of Agawam High's 1999 prom are by AAN photographer Jack Devine. For copies of any of these photos, please give him a call at 789-0053.

* * *



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18th Annual Arts Festival

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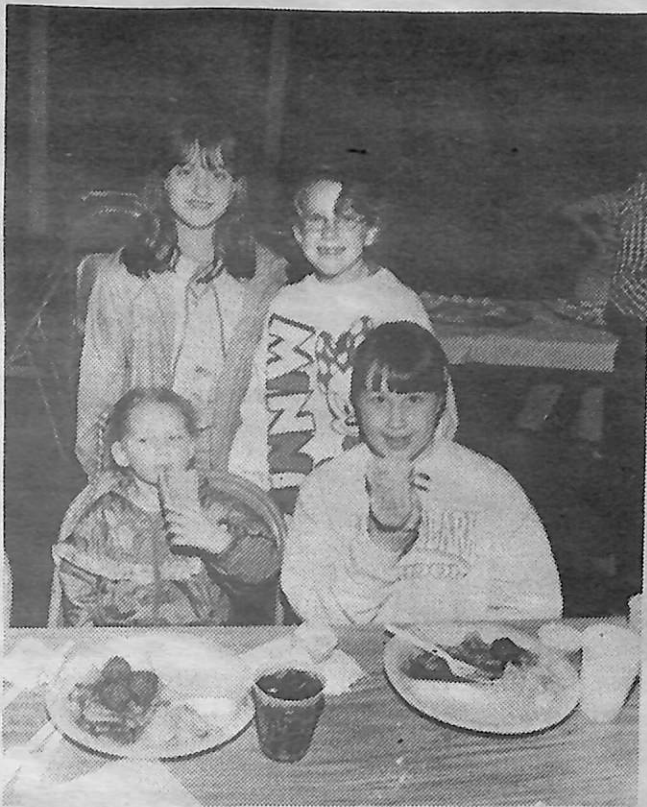
WestFest, Inc. is a non-profit community cultural organization

382 Main Street
Agawam, MA.
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Dinner

ONLY
7.95
\$12.95

Ziti/Meatball Dinner Held For Baby Valarie Marsh

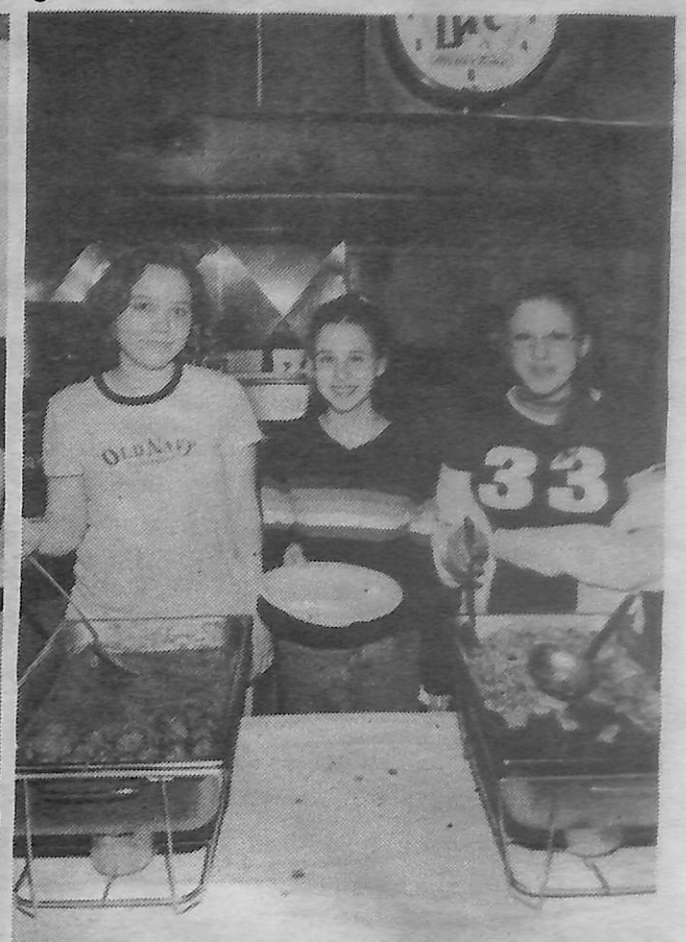


ENJOYING THEMSELVES at the Valarie Marsh dinner: Christina Paquette, Nichole Diduk, Jennifer Diduk, and Katie Schebel.

Advertiser News photo by Jack Devine.



IN LEFT PHOTO: Baby Valarie Marsh with her parents, John and Lisa. On Saturday, April 17th, at the Polish American Club in Feeding Hills, a ziti and meatball dinner was held to raise money for Valarie's medical expenses (she was born with two holes in her heart). IN RIGHT PHOTO: Erin Marsh, Jenna Insero, and Kerry Moriarty in the Polish American Club kitchen. Advertiser News photos by Jack Devine.



ELLEN MORIARTY served ziti at the April 17th dinner held for Valarie Marsh. Advertiser News photo by Jack Devine.

Memory Lane Chorus Preparing For Performance Of World War I Concert

Memory Lane Chorus of the Agawam Senior Center continues preparations for a concert of World War I songs with a new rehearsal time, starting a little earlier on Tuesday afternoons.

The rehearsals will start at 2:00 p.m. for the months of May and June with a performance date to be scheduled in November around Veterans' Day. New members are always welcomed into the group and membership is not limited to senior citizens.

A key group of songs that enjoyed great popularity during the war years and have taken their place among the classics of American popular music, have been selected to be the cornerstone of the program. These include songs that continued to be sung by the family around the piano as well as in schools and theatres during the 20's and 30's.

Among these songs that will be included in the program are "Over There," "There's A Long, Long Trail Awaiting," "Keep the Home Fires Burning," "Oh How I Hate to Get Up in the Morning," "Til We Meet Again," "Good-Bye Broadway, Hello France," "Pack Up Your Troubles in Your Old Kit

Bag," "Smiles," "K-K-K-Katy," "Jada," and "How Ya Gonna Keep 'Em Down on the Farm?"

Other well-known songs that were popular on the home front include "Indiana," "Beautiful Ohio," "After You've Gone," "For Me and My Gal," "Let the Rest of the World Go By," "The Sunshine of Your Smile," and "M-O-T-H-E-R."

Additional songs are being tried out to fit into a number of "themes" that concern various aspects of the war era, such as "America's Wish For Non-Involvement," "Reasons to Become Involved," "Recruiting," "The Sentiments of American Mothers," "Building up the Armed Forces," "Training," "The Trauma of Leaving," "We're Coming Over," "The Pangs of Separation," "On the Battlefield," "Letters," "Thoughts of Going Home," "Flats in the Windows," "The Winding Down of the Conflict," and the "Return Home."

Selection of the final numbers for the program will be difficult with the large number of songs that fall into the above themes and the spring months will include time for the chorus to become familiar with many of them, along with preparing the concert program.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Monday. Thank you. Advertiser



"As a mother comforts her child, so will I comfort you."

- Isaiah 66:13

Happy Mother's Day from all of us at St. David's. Come worship with us this Sunday, May 9th!

**St. David's
Episcopal Church**

Springfield Street • Feeding Hills, MA • (413) 786-6133

Worship Services: Saturday 5 pm & Sunday 8 am & 10 am
Sunday School & Nursery Care: Sunday 10 am

The Reverend Len Cowan

Church News

St. John's Parish News And Notes

RELIGIOUS EDUCATION NEWS

First Communion will be this Saturday, May 8th, at 9:30 a.m. Rehearsals were scheduled from 6:00 to 7:00 p.m. on Tuesday, May 4th; Thursday, May 6th; and Friday, May 7th.

SISTER FRANCES WHITE

Sister Frances White, our pastoral minister for 19 years, will be leaving us to join the new Leadership Team of the Sisters of St. Joseph.

A "Thank You Reception" will be held for Sister Fran on Saturday, May 8th, after the 4:00 and 6:00 p.m. Masses. We hope many will find this a convenient time to bid Sister a fond adieu.

FATHER KARL HULLER MEMORIAL

There will be a formal dedication of the lower church area as the "Father Karl Huller Educational Center" on Sunday, May 23rd. The ceremony will take place immediately after the 11:30 Mass, followed by a reception in the Parish Center.

All are invited.

BIBLE CAMP

Our Annual Bible Camp for children ages four through eight will be held the week of July 5th-9th from 9:30 a.m. until 12:00 noon.

Registration forms will be on hand in the Parish Office after May 15th. Volunteers, teens, and adults are needed.

Please call Sister Fran Gloster at 786-8105.

PARISH PICNIC

SAVE THE DATE: August 29th. We expect to use our own St. John's field for this event. Maryann Green has accepted the role of chairman for this year's affair, and is well under way in getting things started.

Want to help? Give her a call via the Rectory, 786-8105.

DIOCESAN YOUTH GATHERING

The third annual Diocesan Gathering of youth will take place on Sunday, June 27th, at Camp Holy Cross in Goshen.

Details next week.

1999-2000 SCHOOL YEAR REGISTRATION

A letter for pre-registration for Religious Education for next September was mailed recently. The deadline for returning the form is August 1st.

If there are any problems or questions, call Sister Francis Gloster at 786-8105.

**For photo coverage
in The AAN, call
photographer Jack
Devine at 789-0053.
Thank you...**

Weekly Calendar From Ag. Congregational

This Sunday, May 9th, is the Sixth Sunday of Easter and Mother's Day.

Following the 10:30 a.m. service at Agawam Congregational Church, 745 Main Street, Agawam, all women will receive a flower in honor of mothers. There will be a special Mother's Day Anthem performed by the Children's Choir.

Rev. Fuller's Sermon will be, "Comfort & Assurance," taken from Text: John 14:15-21. His Children's Message will be, "Gifts From God," taken from Text: Acts 17:29.

The families of Julie Elizabeth Fairlie and Jamie Nicole Rueling will have their daughters baptized during this Worship Service.

Come brighten our walls!!! Painters are wanted on Friday, May 7th, at 6:00 p.m. for rolling and finish sponge painting. Join us as we put the final touches on our youth classrooms downstairs.

The Junior/Senior High Youth Groups will hike Mt. Graylock this Saturday, May 8th. The youth will leave at 10:00 a.m. from the church parking lot, and return at 6:00 p.m.

Call the church office at 786-7111.

Men's Prayer Time is held weekly on Tuesdays at 7:45 a.m. This half-hour includes a devotional reading, prayer, and a time of refreshments and fellowships.

All are welcome to this very special time. For more information, contact Rev. Fuller at 786-7111.

The final Adult Bible Discussion Group will meet at 7:45 p.m. following the 7:00 p.m. Midweek Service on May 19th. All are invited to attend this

informal, non-threatening, fun group.

For more information, please call the church office at 786-7111.

(The group will recess for the summer months and resume in September.)

The Fifth Annual Cabaret will be held on Saturday, May 15th, from 6:00 to 9:30 p.m. A dinner will be served before the entertainment. Cost is \$12 for adults, and \$6 for children 10 and under. All proceeds will benefit the "Organ Restoration Fund."

Join us for a night of beautiful music and fellowship. Space is limited, so call early for your reservation.

Call the church office for more information or to reserve your tickets, 786-7111.

A Campership Auction will be held on two Sundays, May 16th and 23rd, following the Worship Services. Crafts, services, baked goods, and more will be auctioned off to the highest bidder.

Would you like to donate an item? Call the church office at 786-7111.

All money received will be put in the Campership Fund for children and adults to attend camps this summer.

Toys wanted! New or almost-new toys are needed for our Nursery. We are replacing all toys that have seen better days and need replacements.

Toys should be clean, without sharp edges, without small parts, and ensure proper safety.

To donate (by May 15th), call the church office at 786-7111.

Chicken Supper On May 15th At Valley Community Church

Old MacDonald had a farm. And on this farm he had cows, horses, pigs, sheep, ducks, but no chickens. He had sold them all to the hills to prepare for the Valley Community Church Chicken Supper on Saturday, May 15th, from 5:00 to 6:30 p.m.

What a treat it is to see the tables neatly arranged and decorated, and the pans hot with chicken, stuffing, potatoes, vegetables, gravy, salad, rolls, and pickles.

There is even a separate dessert table that will keep old MacDonald wondering what selection to make.

With prices at only \$7.50 for adults and \$3.50 for children under 12, why, even the MacDonalds can afford to have a country chicken night out (and is the duck ever grateful!).

Catholic Women's Club To Hold Banquet And Installation

The Springfield Country Club will be the site of the annual banquet and installation of officers of the Agawam Catholic Women's Club on Wednesday, May 12th.

There will be a social hour at 6:00 p.m., with dinner served promptly at 6:30 p.m. Betsy Ciempa will preside over her final monthly meeting as president, as well as the annual meeting.

There will be comments by the Rev. Howard McCormick, pastor of St. John the Evangelist Church and chaplain and spiritual advisor of the club.

To be installed for 1999-2001 will be: Joan Malinoski, president; Mary Gontczaruk, first vice-president; Theresa Barlow, second vice-president; Angela Beaudry, treasurer; Janet Wysocki, assistant treasurer; and Betsy Ciempa, Alice Buell, and Peggy Lepper, directors.

Co-chairwomen of the banquet committee are Jane Trevethan and Angela Beaudry.

KNOWING GOD

This message
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Genesis 6:1-9

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Our Daily
Bread

Let him who glories
glory in this, that he
understands and
knows Me.
—Jeremiah 9:24

According to Genesis 6, Noah lived in a time of terrible wickedness, yet he kept himself from all the evil around him. He must have known the Lord in a close, personal way, for he was described as a man who "walked with God" (v.9).

This raises an important question. How do we really get to know someone? Let me illustrate: Many years have passed since that wonderful day my wife and I were married, and I realize how little I knew her at that time. Only after living with her and growing together, through both the sweet and the bitter experiences of life, have I come to appreciate her for who and what she is. I know her better and love her more than ever before.

In a similar manner, it takes time to get to know God. We hear what the Bible says about God the Father, Jesus His Son, and the Holy Spirit. But to really get to know God, we must receive Jesus as our personal Savior. Then we must learn all we can about Him through studying God's Word and fellowshiping with Him each day. Getting acquainted with God means talking with our heavenly Father in prayer, trusting and obeying the Lord Jesus, and daily relying on the power and guidance of the indwelling Holy Spirit.

That's what it takes to know God. —RWD

Life's journey is to know the Lord,
To trust Him every day,
To read His Word, to learn His will,
To love Him, and to pray. —Sper

TO KNOW THE BIBLE IS GOOD;
TO KNOW ITS AUTHOR IS BETTER.

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Considerations

Church News - continued...**Valley Community Church Awaits New Pastor**

Valley Community Church is alive and well with new spirit, new life, and new growth as we anxiously and joyfully await the arrival of our new shepherd, Pastor Gene de Jongh, in June.

What a glorious occasion it will be, and we welcome fellow Christians in the community (and those who would know Christ) to come to our services and fellowship activities as we pray and prepare for this celebratory event.

In the meantime, our lovely church on the hill is being ably guided by our interim pastor, Rev. Dr. Robert Loesch, who has inspired us and comforted us during this period of transition.

You can hear his message this Sunday, May 9th, at our 9:30 a.m. service, which will be taken from Revelation 2: 18-19 and is entitled "Fight The Good Fight - The Church At Thyatira."

Fellowship and refreshments follow the service at 10:30 a.m., and Sunday School, Bible Class, and Confirmation Class begin at 11:00 a.m.

The Administration Board meeting set for Monday, May 10th, will be held instead on May 17th in Dunn Hall at 7:00 p.m.

Junior Choir will meet on Wednesday, May 12th, at 6:15 p.m. to rehearse their bible musical, and Senior Choir will rehearse at 7:00 p.m.

The Benefit Dinner Theatre, featuring a spaghetti supper and the show "Adam and Eve," has been rescheduled from Saturday, May 8th, to Saturday, June 5th.

For changes in reservations, call (413) 786-2445 or (413) 789-2026.

The Valley Community Church is located at 152 South Westfield Street in Feeding Hills, MA. You can locate it high atop the hill overlooking a beautiful view of the Pioneer Valley.

We welcome you to visit for the view and the message "Send forth your light and your truth ... let them bring me to your holy hill" (Ps. 43:3).

"Church News" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages every week...

Weekly Listing Of News And Notes From Feeding Hills Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday morning service of worship begins at 10:00 a.m.

The lectionary readings for the sixth Sunday of Easter will be Acts 17:22-31; Psalm 66:8-20; 1 Peter 3:13-22; John 14:15-21.

The Lector will be Connie Haynes. Rev. Donaldson's sermon is entitled "The Spirit in You."

Children are invited to attend worship with their parents; nursery care will be provided for the very young.

Don't forget! This Sunday, we will have our monthly collection for the West Springfield/Agawam Open Pantry. Bags of groceries and articles of clean, usable clothing are needed.

Please bring your items to the Open Pantry table in the sanctuary. If you unable to donate a bag of groceries, envelopes will be available in the sanctuary on the Open Pantry collection table for cash donations.

Volunteers are needed to make desserts for the Open Pantry on Wednesday, May 12th. If you are able to make a dessert (brownies, sheet cake, cookies, etc.), please have your contribution to the church kitchen by 12:00 noon on Wednesday.

A sign-up sheet is located on the bulletin board in Griswold Hall.

Following worship on Sunday, Griswold Hall will be set up for the Hampden Association's Annual Meeting. Please take a few minutes to help.

The meeting will take place on Monday, May 10th. Dinner will be served at 6:00 p.m., followed by worship.

It is not too late to volunteer to prepare, serve, or clean up after the dinner. Call Lani Kretschmar at 786-9025 if you would like to help.

The Bylaws Committee will meet on Tuesday, May 11th, at 7:00 p.m.

Best local news - AAN!

The next meeting of the Agawam Parish Association will take place at Agawam Congregational Church on Saturday, May 15th, at 8:30 a.m. You are invited to attend, even if you are not a member.

The Board of Christian Education has planned Movie Night for Friday, May 21st, at 7:00 p.m. This is a good time to drop off baked goods for the sale the following day.

A car wash and tag sale and bake sale will take place on Saturday, May 22nd, from 8:00 a.m. until 2:00 p.m. CE needs your donations of saleable treasures as well as baked goods and help in manning the tables and washing cars. Please speak to Lynn Hill or any member of the board if you can help.

On the calendar:
Friday, May 7th: 7:00 p.m., Radio Club.
Saturday, May 8th: 9:00 a.m. to 5:00 p.m., Creative Memories.

Sunday, May 9th: 10:00 a.m., Open Pantry; Set up tables for Association dinner.

Monday, May 10th: 6:00 p.m., Hampden Association Annual Meeting Dinner.

Tuesday, May 11th: 7:00 p.m., A.A.; 7:00 p.m., Bylaws Committee.

Wednesday, May 12th: Open Pantry desserts needed; 4:00 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 7:00 p.m., Choir; 7:30 p.m., Cub Scout Committee.

Thursday, May 13th: 7:00 p.m., A.A.



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Church News - continued...



Reflections...

submitted by
Rev. Peter Monahan
 Pastor of the New Life
 Christian Church,
 Suffield, CT
 (413) 789-1377 or
 toll free (877) 643-9801

Communication...

Our family are the happy owners of a wonderful dog, whose name is Maggie. Maggie is an elderly Cockapoo, and looks something like a small version of an Old English Sheepdog with a tail. Maggie is very loving and obedient, but she is also hard of hearing, probably due to her age.

Maggie's hearing disability makes it somewhat challenging to communicate with her. Calling her when she is not looking in our direction is useless. We have found, however, that she responds to clapping. We have speculated that perhaps Maggie can somehow feel the vibrations generated by our claps, but that probably isn't true because clapping to get Maggie's attention works outside as well.

Upon reflection, it is rather amazing that any person can communicate with any animal, since we are so different from one another. And yet, as surprising as it actually is, it seems easier for humans to communicate with animals than for humans of one region or speech background to communicate with each other. Nevertheless, communication is possible, assuming we define communication as the ability for one party to express his or her desire to another party.

As challenging as it is for people of different languages to communicate with each other, or for people and animals to communicate, it would seem that much more difficult for people to com-

Pancake Breakfast At First Baptist

There will be a pancake breakfast at the First Baptist Church, corner of Main & Elm Streets, this coming Sunday morning.

Servings will be from 8:00 a.m.-9:00 p.m. The event is being sponsored by the youths and the Youth Leader Team. There is no charge, but a free donation will be accepted.

All proceeds will help defray expenses of the Youth Mission Trip, and for other youth activities and programs. Take your mom out to breakfast on Mother's Day, and worship with her at the church of your choice afterwards.

OR, stay with us for our morning worship at 9:30 a.m. Pastor Richard Barnes will give the message. Vivian Roberts will lead the responsive reading. Coffee and conversation will follow worship in Davis Hall. Church school will convene with classes for all ages until 11:45 a.m. As usual, nursery care is provided.

Plan to pick-up your Mother's Day carnations during the coffee hour.

The visiting committee will meet at 10:45 a.m. immediately following worship.

On our calendar this week:

Tuesday, May 11th: 11:30 a.m., Searchlighters Bible Study group annual luncheon. Meet at church; 6:30 p.m. Junior Youth Group.

Wednesday, May 12th: 10:00 a.m.-6:00 p.m., Trading Post Open; 7:30 p.m., Church Committee, Lockhart Parlor.

Thursday, May 13th: 10:00 a.m., Bell Ringers Rehearsal; 7:30 p.m., Choir Rehearsal.

The Christian Education Committee for the American Baptist Churches of Pioneer Valley will be awarding scholarships for anyone continuing his/her education in a college or vocational school. Deadline for applying is May 15th. Contact the church if you are interested.

Also, to all potential campers: Your application for camp, signed by the pastor, must be in by May 15th. Get yours to Janice Lock, Superintendent.

Caring connection contacts for the month are Jan Lock (789-6476) and Linda Chicklas (786-1565).

Agawam Parish Assoc. To Meet May 15th

The next meeting of the Agawam Parish Association will be held at 8:30 a.m. on Saturday, May 15th, at the Agawam Congregational Church, 745 Main Street, Agawam.

This will be the annual meeting and a breakfast meeting. Please call 786-1912 or 786-7111 for reservations for the breakfast.

All Agawam residents interested in becoming a member of the Agawam Parish Association are welcome to attend this breakfast meeting. Please be sure to call for reservations prior to May 14th.

municate with God. That's because the difference between the holy and perfect God and we ordinary people is far more vast than the difference between people of different language groups, or even people and animals, for that matter. Nevertheless, such communication is possible.

The reason communication between people and God is possible is because God has arranged to make it so. God has made it possible for each of us to communicate with Him, on His terms, if we are so willing. Each of us can communicate with, and know God, personally.

The way we can communicate with God and know Him personally is to enter into a proper relationship with Him, as defined by Him. Jesus said, "I am the vine, and My Father is the vinegrower." He then went on to say, "I am the vine, and you are the branches."

The picture Jesus gives us here is the picture of us as branches on a vine. In nature, the vine communicates life to the branches. In nature, the vine "tells" the branch how to live. Similarly, we were designed to receive communication from God on how to live.

"Abide in Me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in Me." Every now and then, we can come across a branch which has become separated from its vine.

Somehow, the branch might have become lodged in the soil, and may appear to be functioning on its own. However, it's not. No amount of faking it will turn that branch into a vine.

Similarly, there are many people who have become separated from the vine, and they too appear to be functioning. In reality, they're not making it either, notwithstanding that appearances can be deceiving for even quite some time.

In truth, being the vine is a much harder job than being the branch. Adam and Eve might have thought that being God looked like fun, but it's really not. The reality is that being God is an awfully tough job, best left to God. It's much better to be the branch, being in a proper relationship with God and being on the receiving end of the life He wants to pour into us.

Jesus says to each of us, "As the Father has loved me, so have I loved you; abide in My love."

AGAWAM PUBLIC MARKET

USDA CHOICE

Boneless Sirloin Steak	\$3.99 Lb.
Boneless Spoon Roast	\$2.99 Lb.
Kabobs (Sirloin, Lamb, Pork, And Chicken)	\$3.99 Lb.
Fresh Ground Round (Extra Lean)	
5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
Fresh Ground Round Patties (12 Patties, 1/4 Lb. Each - 3 Lb. Box)	\$7.99
Fresh Ground Chuck	
5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Fresh Chuck Patties (Lean, 10 Patties - 2 Lb. Box)	\$4.49
Boneless Center Cut Pork Cutlets	\$2.99 Lb.
Boneless Center Cut Pork Roast	\$2.69 Lb.
Grade "A" Chicken Legs	
Chicken Drumsticks	79¢ Lb.
Chicken Thighs	69¢ Lb.
Whole Butt Tenderloins	\$5.69 Lb.
Whole Boneless Top Sirloins	\$2.19 Lb.
Zonin Italian Sausage (Hot Or Sweet)	\$1.99 Lb.

DAIRY & FROZEN

Grade "A" Jumbo Eggs (Dozen)	99¢
Hood 1% Low Fat Milk (Gallon)	\$2.09
Hood Orange Juice (1/2 Gallon)	\$1.39

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DELI

Land O' Lakes American Cheese (White Or Yellow)	\$2.99 Lb.
Austrian Alps Imported Swiss Cheese	\$3.49 Lb.
Russer German Bologna	\$1.39 Lb.
Krakus Imported Ham	\$3.99 Lb.
Russer Honey Maple Ham	\$3.49 Lb.
Citterio Mortadella With Pistachio	\$2.99 Lb.
Hormel Genoa Salami	\$2.99 Lb.
Mother Goose Liverwurst	\$2.99 Lb.
Wampler Skinless Turkey Breast	\$1.99 Lb.

SEAFOOD

Frozen Swordfish Steaks	\$3.99 Lb.
Alaskan King Crab Legs & Claws	\$7.99 Lb.

PRODUCE

Bananas	49¢ Lb.
Honeydew Melons	\$1.69 Lb.
California Strawberries (Pint)	\$1.29 Lb.
Vidalia Onions	69¢ Lb.
Celery Hearts (Pkg.)	99¢
Mini Carrots (1 Lb. Bag)	99¢

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 (2 Liter)

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Tuesday & Wednesday

Dorman White American Cheese	\$1.99
Frozen Hamburg Patties (25 Patties - 5 Lb. Box)	\$6.99

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Spotlight On Business

Fashion Flair Says "Experience It"

by Kathy Shepard
AAN Feature Writer

Although designer Bobbi Grant lives in Hampden and operated a business in Monson for seven years, more than three-quarters of her customers live in Agawam, Feeding Hills, and West Springfield. That is why she opened **Fashion Flair** at 332 Walnut St. Extension. She owns and manages the clothing store, which promises "clothes as unique as you are." Agawam has needed a clothing store for many years in this business district.

Fashion Flair's grand opening was on March 23rd. Freebies, give-aways, and specials were highlighted for the week-long event. Many of those items are still available. The colors are really attractive, with shades of teal tastefully decorated with whisps of silver glitter, or a soft blue-gray, with a pretty design. A visit to this nicely-organized, attractive shop will do wonders for a wardrobe.

There is a substantial selection of clothing priced at 50 percent off, and every garment comes with washing and care instructions and a written guarantee: "If, after the first washing, your design has lost its paint or glitter, we will repair or replace it - FREE!" Bobbi stated.

Hours of the store are Tuesday, Wednesday, and Friday, 10:00 a.m. to 5:00 p.m.; Thursday, noon until 7:00 p.m.; and Saturday, 10:00 a.m. to 2:00 p.m., with convenient store-front parking. **Fashion Flair** is closed on Sundays and Mondays.

Fashion Flair carries a variety of first-quality tops and bottoms, in a cotton/poly blend for easy care and good color and shape retention. Bobbi Grant does carry some 100 percent cotton, and she will be adding some dresses, which are longer with small sleeves. By description, these are likely candidates for comfort.

Bobbi creates nearly all of her designs, with many suggestions from customers, too, such as unicorns or carousel horses. These range from comical to sophisticated. There are sports and leisure for guys and gals, soccer balls, batters hitting balls, basketballs, and much more.

Custom-Color Design Available

Bobbi can make a design custom-colored to match the pants or leggings. She has a mix and match section and she offers a unique color-matching service, which means that a customer can bring an article of clothing which they have had trouble finding a mate for. This past week, for example, a woman brought in a skirt and Bobbi

For copies of his photos in this edition, call Jack Devine at 789-0053...



BOBBI GRANT (in left and right photos), who owns and manages "**Fashion Flair**" at 332 Walnut Street Extension in Agawam, holds just two of the various tops that she is currently carrying in her clothing store. Advertiser News photos by Jack Devine.

created a rose that matched in color.

Another original feature is that the tags are color-coded by size for shopping ease. Small is hot pink, medium is bright yellow, and large is bright green. **Fashion Flair** carries sizes up to 5X in t-shirts, Henleys, and baseball shirts. These, of course, are large enough for male customers, as well.

The part of the business that most appeals to Bobbi is working with customers and tailoring the designs to satisfy their desires. All designs are hand-painted in water-based acrylic inks, which are odorless. Nonetheless, there is a venting device which benefits customers with any

breathing conditions, serves as a precaution, and helps in the curing process for bonding the inks to the garments.

Fashion Flair is a welcome and long-awaited addition to Agawam, providing a clothing store that is conveniently situated and offers reasonably priced goods. A visit will net something comfortable, from the 50 percent-off selection still remaining, or from the 20 percent-off warmer weather clothes. There is much to choose from and with the option of asking for your own design, now is a good time to visit this new and unique addition to Agawam's businesses.

Please remember to patronize your local businesses ... AAN!!!

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Spotlight On Business - continued...



COMMON SENSE
with
Raymond Rose
THE PIONEER GROUP

"What Tax Records Should I Keep And How Long Should I Keep Them?"

One of the questions most frequently asked of tax professionals is, "What tax records should I keep and how long should I keep them?"

Taxpayers can save themselves a lot of time by thinking about that question now while they're finished going through records for their 1998 tax returns. Why wait and go back later to clean out those tax records? That's going through the same material twice, and often information has been lost by then.

Here are some suggestions based on federal laws and professional experience.

- * Income tax returns and supporting documents should be kept at least four years from the due date of the return or the date filed, whichever is later. Consider keeping returns indefinitely because without supporting documents, the returns do not take much space.

- * Supporting documents such as bank statements, canceled checks, credit card statements, deposit slips, charitable contribution receipts, and medical bills may be discarded four years after the corresponding tax return was filed.

- * For retirement plan contributions, all records of IRA deposits, employer-plan stock purchases, rollovers, conversions to Roth IRAs, and Keogh plan deposits should be kept until four years after the plan assets have been withdrawn and the corresponding tax return filed.

- * Keep investment receipts for stocks, bonds, and mutual funds for at least four years after the asset is sold and reported on a tax return. Include records of stock dividends, splits, and reinvested dividends.

- * For any rental real estate or depreciable business property, keep records of date acquired, cost, improvements, and the depreciation claimed in previous years for at least four years after disposition of the property was reported on a tax return.

- * Some documents are so important they should be kept in a permanent file or safe deposit box. These include deeds, title insurance policies, escrows, divorce and property settlement agreements, as well as trust documents.

Raymond Rose is the Principal of THE PIONEER GROUP, a professional real estate firm that represents home buyers only. Comments/questions can be directed to his office (731-6800) or his e-mail (Ray.Rose111@aol.com). Also, contact him via e-mail to receive his FREE online newsletter, THE PIONEER REPORT Online. Thanks!

* * *

Ray Rose's
"Common
Sense" is
a regular
feature of
The AAN.

* * *

COLDWELL BANKER's Concierge Program Improves Customer Service

After buying or selling your home, would you ever think to call your real estate agent again? If not, that's about to change. Real estate offices are turning into one-stop shops for everything from financing to home improvement and renovation.

Coldwell Banker Real Estate Corporation (COLDWELL BANKER) is at the forefront of what will ultimately be how real estate functions in the future. The newly-introduced COLDWELL BANKER Concierge program has been designed so that participating Affiliates can aid consumers in centralizing all of the necessary details involved in the homebuying and selling process.

Additionally, the program is designed so that the service can be provided beyond the sale. Clients will be able to call one number, their real estate office, for contracts and/or coordinates of home improvement vendors even as established homeowners.

"One stop shopping is definitely a national trend, in fact the consumer is pulling it into the marketplace," said Laurie Moore-Moore, editor of Real Trends. "While a great many brokers are testing it and talking about the concept, COLDWELL BANKER is really the first national company to roll out a concierge program for its brokers all around the country."

Why will centralized servicing become prevalent in tomorrow's marketplace? According to Alex Perriello, President & CEO, Coldwell Banker Real Estate Corporation, "The explosion of women in the workforce is one reason for this demand. The last two decades have shown a 49 percent increase of women joining the workforce.

As such, fewer and fewer dual income families have large quantities of time at their disposal to coordinate all of the research and scheduling that is involved with the home ownership process. In addition to more women in the workplace, Americans now have more disposable income than any other time in our nation's history. However, today's consumers are demanding value for the dollar and have come to expect one-stop shopping services in everything from automobile purchases to grocery shopping."

According to the U.S. Census Bureau, the average length of time people spend in a home is slightly over five years, meaning many people will relocate an average of seven to 10 times in their lifetime. Eighty percent of all homeowners will make major home improvements within their first year of moving.

Finding the right contractor or vendor after moving to a new area is time-consuming and today's homebuyers are looking to have their post homebuying services handled by someone else. A nationwide study found that more than three out of four recent homebuyers would welcome concierge service.

"Our brokers recognize that buyers and sellers are looking for a unique system that offers centralized access to various real estate-related services," added Perriello. "We have responded to our consumers with a value-added program that addresses the consumers' preference for ease and convenience. Like many other industries aiming for consolidation in services, a program like the COLDWELL BANKER Concierge service is the future of our industry."

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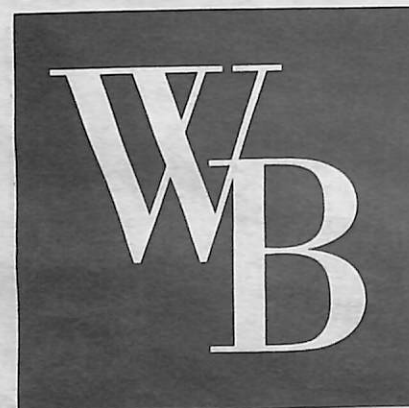
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Spotlight On Business - continued...

Timely Tips On How To Manage Your Finances

by Sue N. Alvanos
Personal Financial Advisor
American Express
534-3883.

Choosing A Financial Advisor Who's Right For You...

The more you know about investing, the more confidence you have in making financial decisions. Often, professional advice can be your best asset.

So how do you choose an advisor to provide the information you need? Some experts recommend giving as much thought to selecting a financial advisor as you would in choosing a doctor.

If you are looking for a financial advisor to assist you, here are a few suggestions:

Know what to expect from a relationship with a financial advisor. You should expect to share confidential financial information with an advisor so he or she can review your entire financial situation before making any recommendations. In return, a well-trained advisor should:

- Ask you about your short- and long-term financial goals.
- Ask you about your comfort level with investment risk.
- Review your relevant financial history — including tax returns, investments, consumer debt, retirement plan, and wills.
- Recommend areas where you need to focus efforts, such as building retirement income or saving for your children's education.
- Create a financial plan based on your individual situation.
- Help you implement the plan and review and update it on a regular basis.

Don't be afraid to ask tough questions. Since you will want to be comfortable with the choice you make, a good advisor should welcome questions like:

• *What are your credentials and educational background?* Some financial advisors have one or more designations such as Certified Financial Planner (CFP) or Chartered Financial Consultant (ChFC). Although these titles are not required to dispense financial planning services, they are signs that the advisor has passed rigorous exams covering most aspects of financial planning and has agreed to abide by a code of ethics.

• *Have you ever been disciplined or had complaints filed while in the securities industry?* Financial advisors must pass certain exams to be licensed to sell securities. You can check with your state securities office or the National Association of Securities Dealers (NASD) to verify that an advisor is licensed and whether any complaints have been filed against him or her.

• *How are you paid?* Most financial advisors are compensated in one of these ways:

Fee-based advisors usually charge either an hourly or a fixed fee for financial planning services.

SEE ALVANOS - Page 25...



FROM LEFT TO RIGHT: Victor J. Carra, Executive Vice President of Westfield Bank; Fidele Malloy of the Visiting Nurse Association & Hospice (VNAH); and Ray Pieczarka of the VNAH Development Committee.

Westfield Bank Donates \$5,000 To Visiting Nurse Assoc./Hospice Of Western N. England

Westfield Bank President Donald A. Williams recently announced that the bank has donated \$5,000 to the Visiting Nurse Association & Hospice of Western New England Inc.

The funds will be used to assist the agency as they attempt to meet their budget in the face of ever increasing funding limits from other sources.

At the check presentation, Victor J. Carra, Executive Vice President, noted that, "The Visiting Nurse Association provides services to patients and their families at a time of great medical need. Westfield Bank is pleased to be able to support their efforts within the community with this financial contribution."

"By this generous donation, Westfield Bank will touch the lives of people young and old who

are receiving care at home. Westfield Bank is a standard-setter for corporate citizenship and we are very grateful for their support," said Maureen Skipper, President of the VNAH. Ray Pieczarka, a member of the VNAH Development Committee, said he is proud to approach the business community to support the extraordinary work of the VNAH and applauded the Westfield Bank commitment.

Westfield Bank is one of the largest independent banks in the area with assets over \$580 million. Headquartered in Westfield, the bank has branches in West Springfield, Springfield, Agawam, Southwick, and East Longmeadow. A new location on Main Street in downtown Springfield will open soon.

Stop & Shop To Help The Jimmy Fund

Beginning Sunday, May 9th, Stop & Shop will be selling its Jimmy Fund "triple winner" tickets. Tickets are \$1 each, and every ticket is a winner ... a prize every time!

The Jimmy Fund raises funds to help the fight against cancer in children. All proceeds benefit the Dana Farber Cancer Research Institute.

You may purchase your tickets at any Stop & Shop register or at the service desk. Please support the Jimmy Fund.

For the best in local goods and services, be sure to check our classified ads in each edition ... AAN!!!

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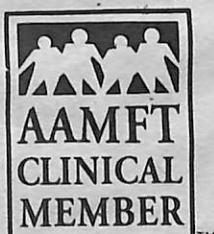
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Read more about this in my FOR YOUR HEALTH column.

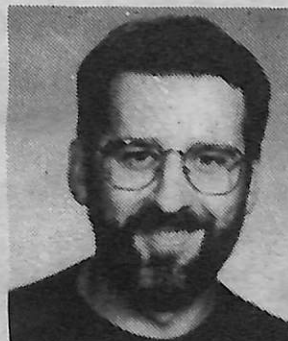
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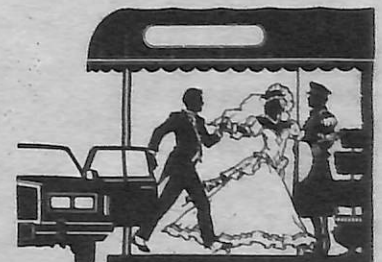


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Spotlight On Business - continued...**ALVANOS - from Page 24...**

Commission-based advisors collect commissions on products they sell like mutual funds, life insurance, and annuities.

Fee- and commission-based advisors charge a fee for a financial plan and are paid commission on products they sell.

Choosing the right financial advisor. Ultimately you may find that the method of compensation may be less important to you than the advisor's reputation and abilities. So before you hire an advisor:

• **Ask for recommendations.** Talk to people you trust — family members, friends, or other professionals and see who they use. By following up on their recommendations, you might save time in finding a knowledgeable and trustworthy financial advisor. If you need to search further, contact the financial planning associations with offices in your area.

• **Ask for references.** An advisor should be willing to give you the names of other clients you can call for a reference. The names should be representative of the advisor's client base, and not slanted

toward clients who have experienced greater financial success.

• **Make sure the chemistry is right.** In the final analysis, your feelings about the person are as important as any of the information already covered. You need to trust the person you choose to be your financial advisor. Making sure you are comfortable with him or her is a critical first step in establishing that trust and confidence.

Selecting an advisor requires doing some homework. The time you invest in making your decision is likely to pay off in a satisfying relationship that allows you to reach your financial goals.

**Travel Talk...**

by Lori Keeley, CTC
Travel Connections, LTD
10 Chestnut Street
West Spfld., MA 01089
(413) 732-1313

Well, mark your calendar and get ready for an unforgettable "urban safari" from Walt Disney World, American Express, and National Car Rental.

Walt Disney World will kick-off a 12-city national tour that features a live stage show, storytelling, activities, and exciting meets-and-greets with favorite Disney characters.

We will have the opportunity to see this show in either Boston or Hartford. Appearance schedules are as follows:

Boston - June 5th-6th, MDC Lederman Field;
Hartford - June 12th-13th, Bushnell Park.

Show hours are 11:00 a.m.-5:00 p.m. Admission to the event is free.

Disney's Animal Kingdom Adventure Outpost covers an area as large as a football field. And there's a whole lot to be seen - animals portrayed by live performers as well as in paintings, carvings, giant balloons, totem poles, and video. Some of the other interactive adventures include DinoLand U.S.A. Fossil Fun Site, Disney's Animal Adventures, and Camp Minnie-Mickey.

Sounds like a lot of fun for the whole family and the best part is that it's FREE!!!

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454

**TORT****Rear-End Collision - Neck/Back Pain**

The 20-year-old plaintiff was involved in an automobile collision. The plaintiff's car was allegedly rear-ended by the defendant's automobile.

The plaintiff had no significant pre-existing history of headache, neck/back pain, or psychological disorder. The plaintiff's medical experts testified that the plaintiff suffered from a chronic myofascial pain disorder as a direct result of the accident and that he suffered from a major depression secondary to his chronic pain.

The defense medical experts, a neurosurgeon and a psychiatrist, testified that there were no objective symptoms to diagnose the plaintiff with any medical or psychiatric disorder and that his complaints were purely subjective in nature.

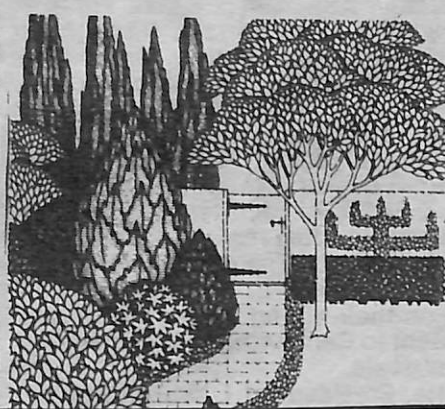
The jury found for the plaintiff. There was an after-trial settlement of \$45,000.00.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

* * *

Our "Spotlight On Business" is a regular feature and is just one more reason why you turn our pages each and every week ... Advertiser News!!!

* * *

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Landscape Design & Planting

Spotlight On Business - continued...**Pam Savioli**Landry, Lyons & Better
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**Pricing To Sell...**

When setting the price for your home, there are several factors to consider. With the help of your sales associate, you can evaluate everything from market conditions to neighborhood influences. Your sales associate can also show you comparable homes that have sold or are for sale in your neighborhood.

Many sellers say, "Let's try to sell our home at a high price — then if it doesn't sell, we can lower the price." That's not the right thinking for selling your home.

It's important to set the right price from the beginning because setting a high price may limit the number of buyers. A high price may cause buyers to view your house with suspicion — ultimately hurting your bottom line. You may actually get less for your home if you overprice at first.

When setting the price, realize that what you paid for your home will not impact the current price paid — but market conditions and the willingness of a buyer to pay the price you ask are the important factors.

Leave room in your asking price for negotiating. Often, a price about five percent over the fair market value gives you bargaining room.

And remember, there really is no best time to sell your home. Strong or weak market conditions, variables in financing, and your schedule are all part of the selling equation.

For more information about selling your home, call Pam Savioli at (413) 748-7565.

* * *

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* * *

Keenan & Molta Assoc. Named A Broker For Cendant Mobility Corp.

COLDWELL BANKER KEENAN & MOLTA ASSOCIATES has been named a principal Network Real Estate Broker for Cendant Mobility Services Corporation (Cendant Mobility), the world's largest relocation firm.

KEENAN & MOLTA ASSOCIATES has approximately 75 associates in six offices throughout the Greater Springfield metropolitan area. Network brokers are responsible for, among other things, the effective marketing of real estate on behalf of Cendant Mobility's clients.

According to Bruce Wallin, President of the Cendant Mobility Broker Network, Coldwell Banker Keenan & Molta Associates will take on an important role in providing real estate services to Cendant Mobility clients. The decision to make the firm a Network Broker in the market was primarily based on their strong performance and shared commitment to Cendant Mobility business and its customer goals.

Robert P. Molta, President of Coldwell Banker Keenan & Molta Associates, said the relationship with Cendant Mobility brings with it increased responsibility and additional opportunities to the firm. "This move makes a tremendous statement about our company. Cendant Mobility is a dynamic leader in relocation and real estate ser-

vices. The fact that we were chosen as a principal Broker says a lot about our reputation as a real estate firm in this market."

Wallin stressed the critical role that the Cendant Mobility Network Brokers play in the company's ability to support clients and their transferring employees. "The real estate brokers that make up our Network must provide the very best in relocation service, meeting and maintaining stringent performance standards. Coldwell Banker Keenan & Molta Associates meets those standards. We are proud to be associated with them and look forward to a long and effective relationship," Wallin said.

Cendant Mobility, a subsidiary of Cendant Corporation (NYSE:CD), is the world's largest relocation company and recognized leader in all market segments it serves, including corporate and government relocation, international assignment and consulting services, affinity programs, and asset management services.

Cendant Mobility has more than 1,700 clients and will assist nearly 100,000 transferring employees in 1998. Globally, Cendant Mobility assists more than 15,000 international assignees annually in 92 countries and 300 destination cities.

THE PIONEER GROUP Has A Site On The World Wide Web

Need a glossary of real estate firms? ... want to shop for houses from the comforts of home? ... looking for mortgage information? You can find all of this, and much more, on **THE PIONEER GROUP's** site on the World Wide Web.

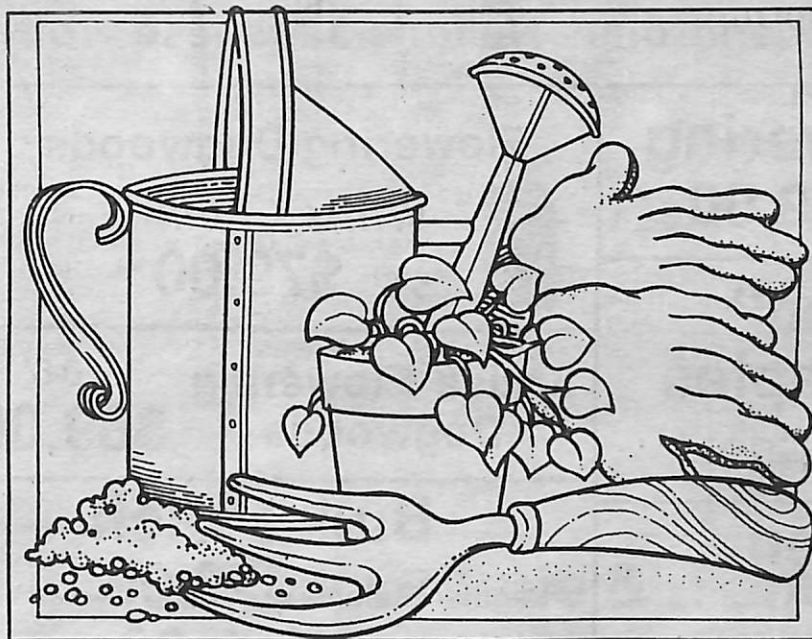
Company Principals, Raymond Rose and Donald Thompson, claim that it is one of the easiest web sites to tour in the real estate industry. Recently, Gary Lucia was promoted as its company's Internet Administrator.

"As Exclusive Buyer's Agents, we firmly believe

that it is critical to service our clients with the highest levels of professionalism and care. Our web site allows our current clients, and any new clients, to shop for houses at their convenience. Also, we have complete information regarding school systems and town demographics available," Rose stated.

The web address is www.pioneer-group.com.

For more information, please e-mail them by using their web site ... or simply call 731-6800.



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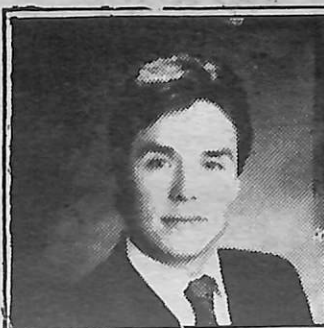
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Your Back And Your Health

by Dr. Joseph S. Schlaffer
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Agawam

Swimming Is Great Exercise...

While working with patients who have spine-related problems, I am often asked about appropriate exercises that can be done to help their problem.

My response is, "Do as much swimming as you possibly can." This form of exercise ranks as number one when it comes to overall conditioning.

A considerable portion of our lives is spent in the upright position during work and play. Gravity constantly pulls us toward the earth.

The force of gravity is powerful and takes its toll on all of us. Most of us know that we are actually taller in the morning than in the evening. That's because gravity compresses our skeletal systems and the discs of the spine throughout the day.

Have you ever seen someone who is permanently hunched or stooped over due to years of hard physical labor, lifting, and/or bending? The "wearing out" effect is more prevalent in the lower back, hips, knees, and feet. It is quite visible

on x-ray.

So what can you do about the law of gravity? You'll never change the law of gravity, so why not make use of another law. The power of a fluid to exert an upward force on a body placed in it is defined as buoyancy.

The stress and strain to the joints of the body during exercise in water are greatly reduced by this characteristic of water. It is no wonder that so many doctors of chiropractic recommend a water exercise program as part of a recovery process in patients with back problems.

What a wonderful, natural way to combat osteoporosis ... swim regularly!!! This applies to people of all ages.

What? You can't swim? That's O.K., use the shallow end of the pool and do your aerobic workout standing in waist-deep water. What a workout and fun, too.

When you have a spinal problem (whether the back, midback, or lowback is involved), it is wise to keep one thing in mind before you begin your water exercise program — spine problems often become worse with exercise! Be sure your spinal column is structurally sound before starting.

Have a doctor of chiropractic check your spine if you have problems. If symptoms arise following exercise, a chiropractic examination is a must.

Once the spine is properly aligned, my advice is to find a place to swim and then do so on a regular basis. You can't beat this activity for overall muscle conditioning, especially those that surround and support your spine.

A spinal examination may be obtained by calling the SCHLAFFER CHIROPRACTIC OFFICE at 192 Shoemaker Lane, Agawam, 789-1369.

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Facet Syndrome

There are many components of the low back that can cause pain. There are muscles, ligaments, discs, and the joints.

The facet joints are located throughout the spine. This is where one bone of the spine connects with the other. Occasionally, these joints can get irritated and inflamed, which creates back pain.

This is called facet syndrome. The pain is usually worse with any backward motion. Leaning backward jams the joints together, which increases the pain. Running can cause great discomfort due to the jarring of these joints. Bending forward helps relieve the pain. Forward motion opens up the joints of the low back. Poor posture is one of the main causes of facet syndrome.

The body can get lazy and instead of sitting and standing up straight, posture starts to slump and lean backward on the joints. This causes irritation of the low back. Weak stomach muscles also cause the body's center of gravity to fall more on the back joints. A swayback, or an increased curve in the low back, can lead to facet syndrome.

Some exercises that help with this condition are:

- knee to chest stretches. Lay on the back and bring the knee to the chest. Hold for five seconds and repeat on the other side.
- pelvic tilts. Lay on your back and push the small of the back to the floor.
- abdominal strengthening exercises.

Chiropractic care is very effective in treating facet syndrome. If you are suffering with this type of pain, call us today! Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Support Groups, Courses, And Programs Offered At Noble Hospital In Westfield

SUPPORT GROUPS

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Stroke Support Group: Wednesdays, May 12th and 26th, 5:30 to 6:30 p.m. In the Bronson Rehabilitation Center Dining Room at Noble Hospital.

Free of charge and open to individuals recovering from a stroke, spouses, caregivers, and other interested persons.

The May 12th topic will be "Prevention of Strokes." The May 26th meeting will be a celebration of "National Stroke Month."

Diabetes: Tuesday, May 25th, 1:00 to 2:30 p.m. In Conference Room A at Noble Hospital.

A Registered Pharmacist from Noble Hospital will speak on "Precautions with New Oral Diabetes Medications."

Free of charge and open to individuals who have diabetes and their support persons.

Better Breathers: Wednesday, May 12th, 2:00 p.m. In the Third Floor Cardiopulmonary Classroom at Noble Hospital.

Free of charge and open to individuals with respiratory or pulmonary difficulties and their support persons.

The topic will be "What Type of Chronic Obstructive Pulmonary Disease Do You Have?" Speaker to be announced. Please call 572-5081 with any questions.

COURSES/PROGRAMS/CLINICS

Free Athletic Injury Clinic: Thursday, May 20th, from 5:00 to 7:00 p.m. At Noble Hospital's Sports and Rehabilitation Center, located at 76 Main Street, Westfield.

On the first, third, and fifth Thursdays of every month, a certified athletic trainer will evaluate athletic injuries. Then, based upon the evaluation, remedial exercises or physician referral may be recommended.

For an appointment, call 562-3522.

"Osteoporosis: Risks and Treatments" - Lec-

ture with James Wang, M.D. Wednesday, May 19th, 6:00 p.m. In Conference Room A at Noble Hospital.

The lecture is free of charge. Seating is limited and advance registration is required.

To register, call Noble Hospital's HEALTH BEAT at (413) 568-2328.

Cosmetic/Plastic Surgery with Dr. Gary Russolillo: Tuesday, May 25th, 6:30 to 7:30 p.m. In Conference Room B at Noble Hospital.

Gary Russolillo, M.D., will present a lecture about Body Contouring, Surgeries, Lip Enhancements, Facial Surgeries, and Skin Care Procedures. Also included will be a live chemical peel demonstration.

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

Pre-registration is required. To register, call Noble Hospital's HEALTH BEAT at (413) 568-2328.

CPR Course: Wednesdays, May 19th and 26th, 6:30 to 9:00 p.m. In the Education Department/Ground Floor at Noble Hospital.

This two-part course provides American Heart Association Adult, Child, and Infant Certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's Education Department at (413) 572-5172.

Smoking Cessation - "Forgetting Cigarettes" with Joseph Barako, R.N., Certified Hypnotherapist. Sundays, May 16th and 23rd, 7:00 to 8:30 p.m. In the Bronson Music Room at Noble Hospital.

This two-part program uses hypnosis to eliminate your desire for smoking and allows you to forget cigarettes forever. The registration fee for this program is \$40 and is paid the evening of the first session.

Seating is limited, and pre-registration is necessary. To pre-register or for more information, call Noble Hospital's HEALTH BEAT at (413) 568-2328.

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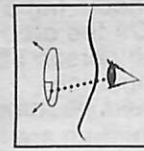
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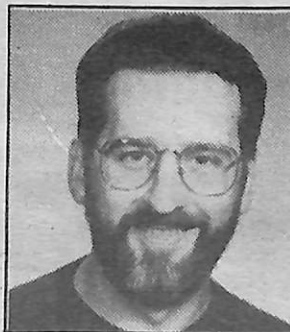


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For Your Health - continued...



"Let's Talk About It"

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
(413) 789-4460

Childhood Freedom...

Last week, we talked about relationship triangles. A reader this week asked a very good question regarding the *child-adult-adult triangle*. **How does a child become free from the adults' tension spreading onto them?**

I think we must first recognize that there is a power imbalance that exists in the adult-child relationship. Then, depending on the degree of "good enough" functioning present in the family (primarily in the adult relationship), the child can receive the freedom and support to become their best self.

This growing into one's most "differentiated self" is a very natural process for children. With a supportive, nurturing family and community environment, children can and do grow into their natural potential. This growing into your *true-authentic self* is also possible for the adult whose childhood was less nurturing and/or encumbered by serious trauma, abuse, and neglect.

The potential and power to change is different for the child versus the adult. Those children free from destructive relationship triangles will more likely develop naturally into their true-authentic self. They will possess a natural balance between family membership and participation and meeting their individual goals.

However, when circumstances and relationship functioning are disempowering of a true-authentic self development, more often than not, the adult(s) and/or environmental circumstances are negatively controlling and/or influencing the child. This speaks to the challenge for change for both the child or youth and for the adult(s), otherwise known as, the **executive hierarchical system**. Most change comes from the adults' interaction and power to affect change in themselves and how this helps make change possible for the child(ren).

The Family System's approach observes an important phenomena that occurs in relationship systems, namely; that when a change in the executive (Adult) system occurs it impacts the whole-family structure (children included). If this impact on children is positive and healthy, it offers real possibilities for the natural growth process to progress. However, if the impact is negative and unhealthy for all involved, attention to the relationship triangles is essential.

An important relationship tool to help **de-triangle** is to 1) acknowledge or name what the anxiety is and 2) move into discussion about the anxiety and away from the *content*, in effect, do more *process* work.

Remaining on the *content* often serves to fuel the flame in an attempt at declaring a winner and a loser of the discussion. On the other hand, **process** discussion offers each person an opportunity to speak from their "I" position.

When this kind of openness becomes more the norm than the exception, children are **free** to enter into it and directly benefit from having their "I" position valued. This *new* way of relating offers greater opportunity to care for self, remain in a two-person relationship without having it spread over into a third party and provide healthier two-person relationships.

What do you think? Why not **e-mail or write me with your feedback, relationship questions, and topics and "Let's Talk About It."**

Dan Pender, MA, MFT, is a Marriage & Family Therapist with a private practice in Agawam, MA. He is a Clinical member of the American Association of Marriage & Family Therapy and can be reached by "e-mail" (look for address in his advertisement) or "P.O. Box 449," Agawam, MA 01001, (413) 789-4460.

"For Your Health" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages...



Food for Thought

by Nancy Dell
Registered Dietician

Natural Vitamin E Supplements Better Than Synthetic Forms

If you take vitamin E, check the label. You may want to be sure you're taking natural vitamin E.

Results of recent studies suggest that natural vitamin E is more available to the body and is retained in body tissues significantly longer than synthetic vitamin E. These studies show that previously accepted differences were underestimated, and that the bioavailability of natural vitamin E is about twice that of synthetic vitamin E compounds.

Natural vitamin E is derived from vegetable oils, primarily soybean oil. Synthetic vitamin E is produced from chemicals.

Consumers will find natural vitamin E by looking on the product's list of ingredients on the label: natural — "d" alpha-tocopherol; synthetic — "dl" alpha-tocopherol. It's easy to remember — think that the "I" stands for "less available."

The researcher of a study that shows humans strongly discriminate between natural and synthetic vitamin E believes anyone taking vitamin E should be taking the natural form.

"Our studies suggest without question that natural vitamin E delivers at least twice the impact as synthetic E," said Robert Acuff, PhD, Professor and Director, Center for Nutrition Research at East Tennessee State University.

Dr. Acuff, author of a recent review examining more than 30 published studies on the differences between natural and synthetic forms of vitamin E, said, "In the case of vitamin E, the natural form is clearly the one our bodies were designed to use."

Another researcher investigating the differences between natural and synthetic vitamin E found that the natural form is 100 percent more bioavailable than synthetic. Maret Traber, Associated Professor at the Linus Pauling Institute, Oregon State University, wrote in a recently published paper that the body seems to discriminate between the two forms, favoring retention of the natural form for use within the body and excretion of the synthetic form.

The finding opens a new era in the discussion about natural supplements versus synthetic supplements. While it has been acknowledged for some time that the body prefers natural vitamin E in terms of retention, this is the first evidence to suggest that the body preferentially excretes the synthetic form.

In Dr. Traber's study, six people were given 150 mg each of natural and synthetic vitamin E. As expected from previous studies, the researchers observed about twice the increase in blood vitamin E concentrations following the administration of natural vitamin E as compared with the synthetic form.

More significant, however, were the differences they found in analyzing urine. Almost three times as much of byproducts observed in urine after taking synthetic vitamin E.

With numerous studies indicating that vitamin E supplements may help reduce the risk of age-related health conditions, research will continue to be published in this area. So not all vitamin E is created equal.

While synthetic vitamin E may be less expensive, it's not well used by the body. You'll get more vitamin E protection for the dollar with natural vitamin E.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield Street, Suite 4, Feeding Hills, MA 01030, (413) 786-2957.

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Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

Exercising The Calf

The gastrocnemius and soleus make up that upside down, heart-shaped muscle you call the calf. This is the muscle that helps us walk, run, jump, and most importantly, reach things that are too high up.

This is an important muscle to most fitness people, not only because it helps you perform well, but, also, when it is tone, it looks great. Like all muscles, some people develop better than others. This muscle can be developed a lot of different ways. When you work aerobically, many times you target this muscle. I certainly feel it after an aerobics class if I haven't been there in a bit. You can also target it in the free weight room.

Like all other exercises, you must first decide what your goal is. Do you want to tone it? Do you want to strengthen and build it? Do you want more definition? You decide, then plan.

Aerobics, walking, jogging, and many other cardiovascular exercises will tone this muscle. It may strengthen a little depending on how much jumping around you are doing. For building and real definition, you need a calf raise.

Focused, concentrated contracting with resistance. There are a lot of different ways to do this. Seated or standing works great. To choose an exercise, ask a professional. If you are at home, stand on a platform. Let your heels drop a little to open up that muscle, you'll feel a light stretch.

When you feel that stretch, slowly raise up onto your toes as high as you can. Then come back down to that light stretch again. You can do one at a time and increase intensity a little to build, or both together and work longer for an endurance and toning effect. You can also hold hand weights to add resistance, but at first, your own body weight is enough.

I am frequently asked what I do for my calf raises. Some feel it was the years of gymnastics that really made it develop. Some say it was all the aerobics I've taught. I know the truth. You see, for me everything is too high up to reach. I have spent my whole life reaching up and calf-raising without even thinking about it. That is how I really know this exercise is extremely effective.

Please patronize your local businesses ... AAN!!!

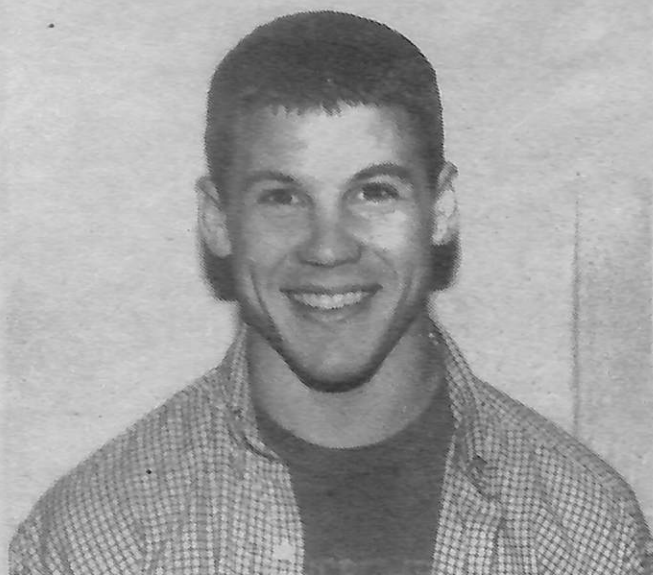
Happy 18th, A.J.



Love,
Mom & Dad



Arts



MATT ZAWISZA

Matt Zawisza Has Key Roll In Centennial Comm. Theatre Show

Matt Zawisza of Agawam works in offices by day and plays surfer god Boondoggle by night. Not a dual personality, Zawisza has a key role in the upcoming production of "Beach Blanket Murder."

The comedy, a spin-off of the early 60's "Beach" movies, will be presented by Centennial Community Theatre (CCT) at Chicopee High School Auditorium, Front Street, Chicopee on May 7th, 8th, 14th, and 15th at 8:00 p.m., and on Sunday, May 16th, at 2:00 p.m.

Zawisza has appeared in three independent films, is a graduate of Northeastern University in Boston, and recently appeared in Suffield Players' "Macbeth."

The cast of 11, led by director Joanne Gonneville, also sing and dance. Remember the surfer sounds? Tickets are \$8 with senior/children discounts at \$6. Group rates are available.

For reservations, call 413-594-9529 or order through cctplay@aol.com. Tickets may also be purchased at the door. The site is wheelchair accessible, and there is ample free parking.

STAGE Prepares For Summer Season...



THE CAST OF "Urashima Taro" (above) takes a final curtain call before STAGE Children's Theatre begins preparations for its summer drama camp season. Recently voted the number one children's theatre by The Springfield Advocate Reader's Poll, the popular theatre camp is now accepting registrations for its summer sessions. For applications, call (413) 789-2026.

Crafters Sought For Agawam Junior Women's Club's Arts & Crafts Fair

Crafters are sought for the Agawam Junior Women's Club's 25th Annual Arts & Crafts Fair, which is scheduled for Saturday, June 5th, from 9:00 a.m. to 4:00 p.m.

The Fair will be held on the grounds of the Captain Charles Leonard House at 663 Main Street in Agawam. All types of artisans and crafters are invited to participate in this event. The show will be juried and feature approximately 80 to 90 exhibitors.

Admission is free, and all proceeds benefit the

Agawam Junior Women's Club Scholarship Fund. Tours of the historic Captain Charles Leonard House will be available. A Youth Art Exhibit will be on display as well.

The size of each space will be 12' x 12', and a showing fee of \$45 will be due at time of application. A food concession will also be available during the day for your convenience.

For more information or an application, please call Paula at (413) 786-0511 or Theresa at (413) 786-6515.

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786-2211

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360 Springfield Street
Agawam

Hollywood Productions



Miss Agawam Pageant

12th Annual Miss Agawam Beauty Pageant & Talent Competition

Lori Andruss Boyle, Director

Miss Agawam 1999

June 23rd

The Oaks, Suffield Street, Agawam

Divisions For Beauty And Talent

Tiny Tot	2-3 years old
Tiny Miss	4-6 years old
Junior Miss	7-9 years old
Pre-Teen	10-12 years old
Teen	13-16 years old
Miss	16-22 years old

New Introducing The "Mrs. Division"

Contestants Must Be Agawam Residents

Call 789-4071

For Information And Entry Form

Last Week's Solution...

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New England Artists Expected At This Year's WestFest

Artists, craftsmen, and photographers from throughout New England will be participating in the WestFest Arts Festival's juried Arts & Crafts Show at Stanley Park, Westfield.

On May 15th and 16th, over 80 exhibitors working a wide variety of media will transform the park's rose garden and pavilion areas into a brightly colored swirl of creative activity.

Western Massachusetts artisans whose wares will be on sale include Terry Meyer from Granby, MA. Featured in a recent edition of *Country Living Magazine*, she will showcase her pottery made in the Spatterware tradition. Jeweler George Ting of South Hadley will bring his gold and silver pieces. New to the festival this year is Karen Cardoza of East Longmeadow. Karen designs and crafts beautiful handmade earrings that are neither clipped nor pierced. Sharon Florek of Westfield will bring her wonderful cement birdbaths. Past favorite artisans returning this year are Lawrence Preston of Hadley, MA, past WestFest award-winner, painter Donna Harkins, Carol Robinson of Westfield, and many more!

Artist demonstrations will be featured on both days of the festival. On Saturday at 1:00 p.m., Jack Braudis of Hatfield, MA will demonstrate his oil painting techniques. Mr. Braudis is a plein-air painter, painting on location, New England's four seasons - from the Berkshire Hills to the rocky coast of Cape Ann.

At 3:00 p.m., Don Blanton will present a sculpture demonstration. Internationally known, Mr. Blanton's far-reaching abilities as an artist include painting, sculpting, and designing Wearable Art.

On Sunday at 1:00 p.m., Sally Killips of Southwick will offer a wildlife painting demonstration. This not-to-be-missed demonstration will be given an accomplished artist who is a member of the Society of Animal Artists.

Ms. Killips has exhibited nationally. Completing the day will be a watercolor demonstration by prominent watercolorist and illustrator Bob Noreika. Mr. Noreika's paintings hang in both corporate and private collections throughout the United States, Europe, and Japan.

Visitors to WestFest will also find music, juggling singers, and theater throughout the weekend. Displays of youth art and hands-on activities are available on both days of the festival. On Saturday and Sunday, children will be able to construct their own kites and have their faces painted!

A food court and picnic area, along with ample free, on-site parking is available.

All activities are handicapped accessible and admission is free!

Ronald McDonald House To Hold A "Comedy Wedding"

The Ronald McDonald House of Springfield will be presenting a fundraiser, "Joey & Maria's Comedy Wedding," on Thursday, May 13th, at Chez Josef in Agawam at 6:00 p.m.

A silent auction will be held throughout the evening.

Tickets for this event are \$40 each. For further information, please call 525-0882.

Meet The Master - by Dick Mastroianni...

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ACROSS

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- 5 Prayer ending
- 9 Funny Wilson
- 13 Aryan
- 14 R.V.R. star
- 16 Bring up
- 17 Share the blame words
- 20 Apertures
- 21 File of people
- 22 Spinning toy
- 23 Spanish this
- 24 Pleasure cruisers
- 26 Norma —
- 28 Takes into custody
- 32 They were roaring
- 37 Son of Loki
- 38 Younger Guthrie
- 39 Worker bee
- 42 Region

DOWN

- 43 Nard
- 44 They were gay
- 46 Committed a hockey infraction
- 50 Through
- 51 Ryan and Lloyd
- 53 Father of Cain
- 57 Canonized femme
- 60 Hari the spy
- 61 Range
- 62 They get no parole
- 66 Prefix for dynamics
- 67 Year's start in Spain
- 68 Writer Gardner
- 69 Head honcho
- 70 Sprang up
- 71 Type of ladder
- 1 East coast time zone
- 2 Work hard
- 3 "— alive"

ACROSS

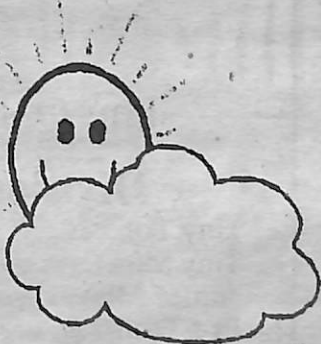
- 4 Happening
- 5 Crafts' partner
- 6 Cut the grass
- 7 Where Christ stopped
- 8 "— million years"
- 9 Monk's title
- 10 Fasting season
- 11 Operatic villain
- 12 Shoring up board
- 15 Old copy machine additive
- 18 Begin
- 19 Alaska once (abbr.)
- 24 Ogle
- 25 French ruling body
- 27 Help
- 29 Rane's robe
- 30 Ash or alder
- 31 Red and Dead
- 32 Bar bills
- 33 Saran for one

DOWN

- 34 French fashion mag.
- 35 "— is an island"
- 36 Scion
- 40 "— in the bud"
- 41 Compass heading
- 45 Poetry muse
- 47 Eternal city
- 48 Please greatly
- 49 Going out with
- 52 Dubber in a way
- 54 Medicinal servings
- 55 Avoid a showdown
- 56 Actress Oberon
- 57 Sudden thrust of pain
- 58 Kojac
- 59 Bobbles
- 61 Like a snail
- 63 Dawn goddess
- 64 Poetical before
- 65 Back to school month

West Springfield Boys & Girls Club SUMMER FUN CLUB 1999

THEME WEEKS & TRIPS



Week #1	June 22-25	ORIENTATION WEEK	NO TRIP
Week #2	June 28-July 2	4th OF JULY WEEK	
Week #3	July 6-9	CENTURY WEEK	
Week #4	July 12-16	CENTURY WEEK CONTINUED	
Week #5	July 19-23	PLAYGROUND WEEK	
Week #6	July 26-30	ENVIRONMENTAL WEEK	
Week #7	August 2-6	ENVIRONMENTAL WEEK CONTINUED	
Week #8	August 9-13	CARNIVAL WEEK	
Week #9	August 16-20	PARTY WEEK	

Who: Any girl or boy age 5-14 is eligible
(Children age 5 must provide a copy of their birth certificate)
When: CLUB'S SUPERVISED HOURS:

Monday - Friday 8:00 A.M. - 5:00 P.M.

COST:

- \$75/week 1st child
- \$50/week 2nd child
- \$35/week 3rd child

**** Trips To Be Scheduled
- A Complete List Will Be Available
At The Start Of Camp

For More Information
Please Call
736-1831



THE TOMB SCENE FROM "Romeo and Juliet" was never quite like this one being rehearsed by The Hilltop Players for their upcoming production of "An Evening of Culture - Faith County II." This uproarious comedy is scheduled to play at The Red Door Theatre on May 14th, 15th, 16th, 21st, and 22nd. All tickets are \$7. For reservations, call (413) 789-2026.

New Comedy Coming To Red Door Theatre

It is a little-known show written by a little-known playwright, but you won't want to miss the big laughs that "An Evening of Culture - Faith County II" brings when The Hilltop Players present this hysterical comedy at The Red Door Theatre on May 14th, 15th, 21st, and 22nd at 7:30 p.m., and on May 16th at 2:00 p.m.

It seems the Mineola Council for Cultural Recognition (a rural Southern community theatre group) bravely attempts to stage Mr. Bill Shakespeare's "Romeo and Juliet." There's just one problem (well, maybe two).

There are problems galore when Bubba at the Gas An Go is cast as Romeo (though he'd rather play Abraham Lincoln in "Pigmalion"), and Mildred — who though 50-ish — believes Naomi of the Bee-Luv-Lee Beauty Salon can make her "young and beautiful" enough to play Juliet.

Newcomer Brian Dominick of Springfield plays Bubba Bedford, an outrageous redneck in contrast to the serious but tragically flawed Mildred Carson (portrayed by Margie Secora of Southwick).

Marilene Allen of Agawam takes on the role of Bee-Luv-Lee cosmetologist Naomi, who portrays Lady Capulet in the play-within-a-play. She is wife to Luther of the "Lube and Tune," who attempts the role of Benvolio (even though he left his costume home). Leonard Pupello plays Luther.

Complementing (well, maybe not) the situation is the President of the Cultural Society, and the Reverend's wife, Ruthann Barns (Darcy Banks of Granville), as the "Friar-ma'am."

Also on board is the town trollop, Faye McFaye (Melissa Losito of Agawam), who is more on the loose than the dog she insists on bringing to the theatre. She plays Juliet's nurse (who doesn't know a syringe from a tongue depressor).

Amidst the antics of these well-intentioned thespians (who think Naomi's additional dialogue to "Bill's" work is a vast improvement: "Never fair, fear maiden. For-I haveth a planeth") is set builder Delbert, played by director Lyle Pearsons. Why the set won't stay up is beyond him, though he tries throughout the show to fix it (even during the balcony scene).

Overseeing all this madcap foolery is the Mineola director, Violet Farkle (played by Westfield's Kathryn Leary), whose direction would have been better left to simply, "Lights out, close curtain."

So, don't let the title "An Evening of Culture" fool you. It is anything but that. What it is, is a good-ol'-boy, rollicking, fun-night-out at The Red Door Theatre, which was voted runner-up as "The Best Place To See Live Theatre" by the Springfield Valley Advocate's Readers' Poll.

Tickets are \$7, and reservations may be made by calling (413) 789-2026.

As Bubba would advertise, hanging out his pick-up window - "Come see Romeo and Juliet! Come see Romeo and Juliet!" And Shakespeare is rolling over ... with laughter!

Babysitters "Graduate" From Classes...



JEANNE HOFMANN (top photo, far left), children's librarian at the Agawam Public Library, with the various Agawam and Feeding Hills youngsters (above and below) who recently participated in the annual "Introduction to Babysitting" series. Held in the library's Community Room, this series of classes took place on three Thursday afternoons in April and dealt with health and safety issues, as well as suggestions for age-appropriate activities for infants and young children. The babysitters who attended all three sessions received certificates for their participation. Advertiser News photos by Jack Devine.



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Education



LAURA TUOMEY, who was the recent guest in the visiting artist series at Robinson Park School. Advertiser News photo by Jack Devine.

Visiting Artist At Robinson Park School...

Painter Laura Tuomey Draws Upon Her Experiences For Her Art

by **Kathy Cassanelli**
News Editor

As a child, she spent more time daydreaming and drawing imaginary characters than watching television. Her best friend was a dog called Bear and the two often spent hours lying on the grass fascinated by the ever-changing cloud patterns overhead.

As an adult, she traveled the world as a professional ski racer for 10 years and lived for a time in the mountains of New Zealand.

These days, Laura Tuomey is making a living as a professional painter, specializing in landscapes, portraits, and still lifes. Now living in the hilltown of Cummington (where her studio is located), Mrs. Tuomey draws on all the joyful aspects of her life to create paintings that please her and communicate with others. Often, the paintings she loves best are the ones featuring clouds and mountain landscapes.

Mrs. Tuomey's works are on display at three area galleries, Day Six Gallery in North Adams, The Guild in Northampton, South Hadley Arts Unlimited, and there will be an exhibition of her work this summer at the Longmeadow Country Club.

As the most recent guest in the visiting artist series at Robinson Park School, Mrs. Tuomey told the students the most influential people in her life as an artist were the kindergarten and fourth-grade teachers who encouraged her to use her imagination and continue drawing and painting.

Art teacher Marcia Scherpa said the idea behind the visiting artist series is to give the children an opportunity to have contact with an adult whose job is making artworks. "I'm hoping she'll give the children ideas about her materials; how she does what she does and where she gets her ideas for her paintings," Mrs. Scherpa said.

"If you worry about what to draw, go into your imaginary world and daydream. It's so important," Mrs. Tuomey said. "I started painting with tempera paints in the fourth grade and I stopped painting for a while. I came back to it in my 20's because I knew this is what makes me happy. I

just had to figure out a way to make a living at it."

Now she's working six hours a day in her studio, using the quick drying acrylic paints that best suit her personality by forcing her to think fast on her feet. Persistence and the belief that practice really does lead to perfection are important qualities for success as a professional artist, Mrs. Tuomey said.

"After my husband goes to his office every day, I go to my studio and practice. I paint at least six hours a day," Mrs. Tuomey said. "Sometimes, I have to do many paintings before I get one right. Sometimes, I have to throw them all away until I get it right."

An Impressionable Age

The one thing she hopes the children will remember from her visit is that someone said it's OK to keep going with their art. "This is such an impressionable age," Mrs. Tuomey said. "If you can plant something in the back of their minds, it stays with them."

Principal William Sapelli sees the program as a way for the students to see how the art lessons they are learning can fit into their lives as adults and to understand that even though they might think art is just for fun, there are people making a living as artists.

"The kids are always asking how they'll use the things they are learning in school later in life and this program shows them how the professionals are using some of the same art supplies they use here at school," Sapelli said.

In addition to enriching the children's understanding of the way in which professional artists create their artworks, the program has been the means of creating a Visiting Artists' Gallery in the school's rotunda (displaying works from each of the guests in the series).

The cafeteria is home to the carved whirlygigs donated by a visiting woodcarver. Some of the artworks have been donated by the artists and others have been purchased with funding from the PTO, Sapelli said.

Area Students Attain Honors At St. Mary's High In Westfield

Paul E. Romani, Jr., Principal of St. Mary's High School in Westfield, is pleased to announce the names of those students from Agawam and Feeding Hills who made Honors during the school's third marking period.

JUNIORS

Second Honors: Joshua O'Neill.

SOPHOMORES

Second Honors: Anne-Marie Audette, Sarah Zingarelli, and Adam Szymanski.

Commendation: Brendon Pohner.

FRESHMEN

First Honors: Taryn Albano.

Second Honors: Daniel O'Neill and Brianna Maroni.

Our deadline is each Tuesday at 12 noon.

*You turn
our pages
for all the
school news
in Agawam...*
* * *



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Julianne Rapalus Gallerani, OD

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From AHS Guidance...

Being A Mom

by Judy Cohen

Agawam High School Guidance Counselor

With Mother's Day approaching this Sunday, I started to give some serious consideration to what being a mom means. Maybe that's why there's a Mother's Day ... to give us time to pause, to remember our moms, and do some soul-searching, too.

A mother is thought of as a nurturer. Before a baby is born, Mom houses the child and gives him physical nourishment. After the baby is born, Mother continues to sustain her child physically by making sure all wants are recognized and met. However, and just as important, a mother must nourish her child emotionally. What an awesome responsibility!

When my children were infants, they would cling to me and hug me. In turn, I would hug and kiss them, I realize how special those times were for me as I snuggled my babies in my arms, as I smelled their sweetness, and shared their warmth. As I would give to them, I received so much, too. I was needed. They depended on me. I was loved. I was hugged. Wow! I felt good! Yes, in giving, I reaped so much. Sure, they were annoying sometimes, they would cry at ungodly hours, they would interrupt sleep or an important task, but those annoyances would fade in the face of love.

As my boys grew, often a quick hug or a quick peck on the cheek took over for my previous intense hugging and snuggling. I didn't want to embarrass them by too many outward displays of emotion. When I did, I would see them looking around to see if someone else saw what I was doing. Why did my emotional response towards them have to change since inwardly I felt just the same?

Ah, they did, too. I'm sure, but it wasn't cool to let others know that. So, I would articulate my feelings; with words, I would let them know how special they are. I gave them pats on the back showing praise and encouragement. I sneaked in a hug or two to show support. After all, I am a mom and the caring doesn't stop. I do find that the worrying grows as they do. My grandmother used to say, "Little children, little problems; big children, bigger problems." How wise and accurate she was. But, even in spite of the pitfalls, even in spite of a few rough spots, love smoothes them out and prevails.

My boys left for college. I knew they were growing away from me and asserting their independence, yet the emotional bond of love still bound us together. I welcomed the opportunity to let them attend college, yet I found it so hard to say goodbye. As they walked off toward their new home, I truly felt I had a hole in my heart.

Yet, I had to show them my love by letting them go, by having confidence in them that they would survive, that I had given them tools such as insight, warmth, love, and coping skills that would help them succeed.

Now, two of my sons are married. I find my love is now shared by another. I don't want to intrude, yet I want them to know how I feel, how precious they are to me, how they define me as a mom and give my life added meaning. Yet, the involvement isn't the same and I miss that. I am still a mom and they are still my sons, yet they now have added the role of husband and I must give them space.

My youngest graduated from college and is now working and living far from home. The hugging must be done over the phone. I miss the physical contact; I have to settle for shared words, for utterances of endearment until the next trip when we see each other. I find I telephone often.

Now, I have a granddaughter, so I am a mom and grandma. How sweet, how beautiful, how special! The intense hugging and snuggling begins again. I am ecstatic. The saying, "My cup runneth over" is so true. One only has to observe me as I hug my granddaughter, give her kisses, and glow when she smiles back at me.

I am content. I have been given the gifts of motherhood and grandmotherhood. I cherish them, recognize their inherent responsibilities, and glow in their roles.

To all you mothers out there, I wish you a "Happy Mother's Day." Reach out, give hugs, and each child, according to his personality, will respond to your warmth.

* * *

For photo coverage in The AAN, call photographer Jack Devine at 789-0053.

* * *

Fall 1998 Fundraiser Met With Much Success For James Clark School PTO

Fundraising, a necessity of all PTO's, is usually met with moans and groans. However, the James Clark School's 1998 fall fundraiser met with much more - success!

After setting aside money to cover the field trip and operating budgets for the 1998-1999 school year, the PTO still had leftover funds. Therefore, the PTO decided to use the money to purchase equipment to provide wall-mounted TV/VCR setups for one classroom at each grade level (K-4).

Five wall mounts were purchased from Valley Communications Systems in Chicopee. Three RCA 27" Colortrak TV's were bought from Bradlees and two more were received from the school's participation in the Riq Y Education Ex-

press program. Five four-head hi-fi VCR's were purchased from Sears.

The PTO wants to thank the town's Building & Maintenance department for installing everything just in time for the school open houses and media center dedications on May 2nd.

The James Clark PTO wants to use future fundraising money to provide the same setups in all the classrooms. The goal is for each classroom to have their own wall-mounted TV and VCR. The PTO would like to thank all the students and parents who participate in the fundraisers and wants to let them know that their hard work really pays off!

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MEMBER FD.I.C.

Brownie Troop 566 Is Enjoying A Busy Year

This year has been just as busy as past years for Brownie Troop 566. We welcomed two new Brownies to our Troop this year. Rachel Goodman and Carla Rosati joined us in November and it feels as if they have always been a part of our group.

Our first get-together of the year was spent at the High School checking out Jack O'Lanterns, getting our faces painted and screaming through the Haunted Maze. The girls had a blast.

We proceeded to get down to business earning the Numbers and Shapes Try-It. The girls made origami animals that jumped and pecked, their very own puzzles, mobius strips, and learned all about money internationally. They even made their own currency to take home. (Don't tell the mint.)

We participated in several service projects, donating a Thanksgiving Basket through the Junior Women's Club, making ornaments for the Giving Tree, and designing Valentine cards for the soldiers' home. We continue to collect the Tabs for the Shriners.

Our field trips for this year have been the Haunted Maze, the Brownie Gymnastics at Daggett's, Girl Scout Cookie Ice Cream tasting at JB's in East Longmeadow, roller-skating at Skate Scene USA, and swimming at Fitness First. It is always great fun to spend time together outside of our regular meetings.

The girls are currently working on the Jr. Girl Scout Dabbler Badge, as they will be Bridging/flying up in June to JR's. The girls have dabbled in music; where they made pipe flutes. They molded and painted clay sculptures of all kinds and are in the process of sewing a pillow of their very own design.

Our cookie sales were tremendous and for all that hard work, we are looking forward to a camping trip in May and a nice field trip in June. A dude ranch is first on the list, but we'll see what adventure come our way.

Troop 566 members include Brooke Andruss, Courtney Cowell, Brittany Morris, Autumn Paro, Danielle Stelma, Justina Juzba, Julie Montalvo, Maryssa Gonet, Rachel Goodman, and Carla Rosatti.

Troop Leader is Cindy Paro; Co-Leader is Shirley Stelma, and last, but not least, our infamous Cookie Mom, Peggy Cowell.

Undergraduate College Loans Available From Horace Smit Fund

The Horace Smith Fund announced the availability of undergraduate college loans for graduates of Hampden County secondary schools.

The loans are awarded to worthy, full-time college students whose financial resources might restrict their college attendance. The loans are renewed during the four years of college, subject to satisfactory academic performance.

Applications became available to the public on April 1st. High school seniors may obtain applications from their guidance office while college students may obtain them at any branch office of the Springfield Institution for Savings. Information or applications are available at the Fund's office at 739-4222 between the hours of 8:30 a.m. to 4:30 p.m. daily.

Horace Smith Loans are available from a bequest made by the late Horace Smith, co-founder of Smith & Wesson. The fund, established in 1899, is a private, non-profit corporation.

Application deadline dates are June 15th for students presently attending college and July 1st for graduating high school seniors.

Save Those Bottles And Cans For Pack 77's Upcoming Drive

St. John's Pack 77 will be holding a bottle drive on Saturday, June 12th, from 9:00 a.m. to 1:00 p.m. in the church parking lot.

Please donate your redeemable bottles and cans to the Cub Scouts by dropping them off on that Saturday or calling Cathy (786-5103) to arrange for pickup.

Thanks for supporting the Cub Scouts of Pack 77.



MEMBERS OF BROWNIE TROOP 566 proudly display the unique pillows that they've sewn in order to reflect their individuals tastes and talents. This project was just one of the various activities that has kept these Brownies busy during the past year.

Agawam High School Announces Its Latest Group Of "College Acceptances"

College Acceptances: Congratulations!

Laura Guyer: Holyoke Community College, Dean College

Jessica Tudryn: Westfield State College, Holyoke Community College, Springfield Technical Community College

Allison Willett: Westfield State College

Ann Marie DiMauro: Holyoke Community College

Charlene Duquette: Westfield State College

Mario Ferrentino: Springfield Technical Community College

David Gallerani: Springfield Technical Community College

Carolyn Duquette: Springfield Technical Community College

Erin O'Sullivan: Holyoke Community College

Adam Blair: Bridgewater State College, Springfield Technical Community College

All the local news with us ... AAN!!!

Drs. Joseph M. & Katherine S. Schlaffer



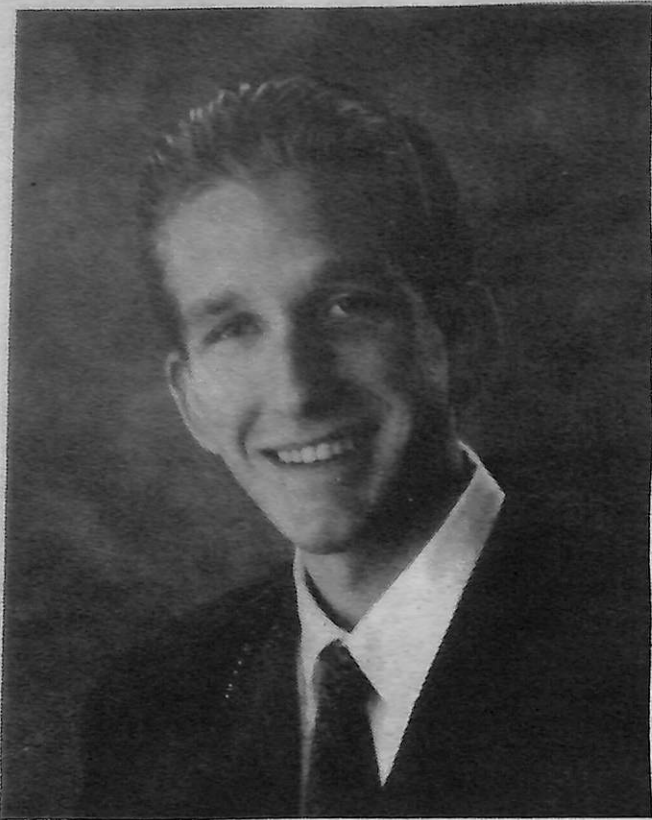
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MARIO SANTILLO

Mario Santillo Enrolls At RPI For Fall '99 Admission

Mario Anthony Santillo, son of Mr. and Mrs. James Santillo of 22 Coronet Circle, Feeding Hills, has enrolled for fall 1999 admission at Rensselaer Polytechnic Institute.

RPI, located in Troy, New York, has been at the forefront of scientific and technological education since 1824, offering the highest quality technological education for the 21st century. The University's long-standing reputation for educational excellence draws students from every state and more than 75 foreign countries, offering more than 100 programs and 700 courses.

Graduating in June, Mario will be valedictorian of his class at Agawam High. The recipient of the Rensselaer Medal for academic excellence, he will major in aerospace engineering.

Information On Agawam's 1999 Summer School

Alan R. Cohen, summer school director, has released the following information regarding the Agawam Public Schools' "Summer School" program for 1999. All summer school classes will be held at Agawam High School, 760 Cooper Street, Agawam.

LENGTH OF PROGRAM: Four weeks, 40 hours.
TIME AND DAYS: Monday through Friday, 8:00 to 10:00 a.m., or 10:00 a.m. to 12:00 noon.

REGISTRATION: \$90 each class (residents and non-residents).

REGISTRATION: Will begin *Monday, June 21, 1999*, through the *first day* of summer school.

PAYMENT: Checks made payable to "Agawam High School." (Payment is due with registration form.)

CANCELLATION: The summer school director reserves the right to cancel any course(s) due to insufficient enrollment. Section time may also change due to enrollment.

REFUND POLICY: Full refund if course is canceled. *No refund after first class has met* or if student is discharged from program because of discipline.

ATTENDANCE POLICY: No credit will be given if student misses more than one class. No make-up work is allowed after the end of the program. Two tardies are equal to one absence.

ELIGIBILITY: Anyone may take a class for enrichment. If school credit is desired, arrangements must be made with one's own guidance department before registration.

For a registration form and/or further information (including the classes being offered during the summer school program), contact Mr. Cohen at the Agawam High School Guidance Office, 821-0519.

Our classified ads will bring you FAST, FAST results...

* * *

Agawam Schools' Weekly Lunch Menu

Monday, May 10th: Steamed frankfurts in roll, Boston baked beans, oven potato puffs, catsup, chilled pears, milk.

Tuesday, May 11th: Rotini with meat-sauce, seasoned broccoli cuts, Italian bread and butter, rosy applesauce or white cake with mocha icing, milk.

Wednesday, May 12th: Taco boat with cheese topping, mild taco sauce, niblet corn, applesauce, strawberry Jello with topping, milk.

Thursday, May 13th: Diced chicken meat with gravy on whipped potatoes, seasoned peas and carrots, dinner roll, apple crisp, milk.

Friday, May 14th: Grilled cheese sandwich, oven potato rounds with catsup, seasoned green beans, fruit cup or chocolate pudding with topping, milk.

(Tickets may be purchased on Monday in the elementary schools for the week. Meal price is \$1.10 daily. If paying by check, make check out to "Agawam School Lunch.")

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you ... AAN!!!

* * *

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Saturday, May 8th, 9am-12pm

Tuesday & Wednesday, May 11th & 12th, 6pm-8pm.

NO CLOTHING PLEASE.

For more information, please call Louis Russo at 786-9107

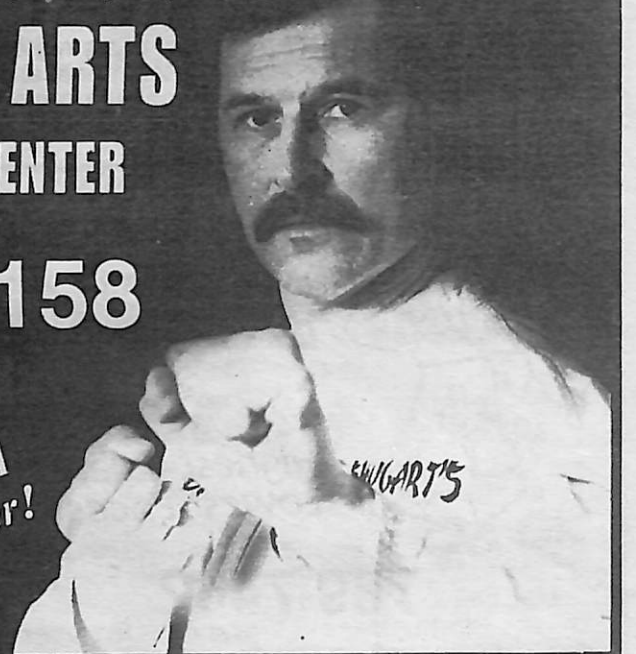
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MRS. BETH NASUTTI, a certified instructor from the American Lung Association, presented an anti-smoking program for fifth-graders at the Agawam Middle School. Advertiser News photo by Jack Devine.

Fifth-Graders Participate In Anti-Smoking Prog.

Fifth-grade students at Agawam Middle School participated in an anti-smoking health program during the week of April 5th.

Mrs. Beth Nasutti, a certified instructor from the American Lung Association, was the presenter.

Each class was able to experience the breathing of a person with emphysema through the use of a small straw. Students were able to see, touch, and inflate pink, healthy lungs as well as a smoker's lungs filled with cancer and emphysema.

The children handled different types of tobacco products, spun the "Smoker's Wheel of Misfortune," and experienced the heartbeat of a smoker.

Students were encouraged to "listen, think, and participate" so they will be able to make informed decisions about smoking.

Ag. High School's May 1999 Calendar Of Events

May 10th-19th: AP Exams

May 11th: Grades 5-12 "Band Time" Concert, 7:00 p.m., gym

May 12th: Class Elections, English Classes; Family Resource/ALATEEN Meeting, sponsored by the Substance Abuse Prevention Program; Intergenerational Poetry Group, 1:50-2:40 p.m. Room 38

May 13th: Class Elections, English Classes; Hepatitis B Third Injection, Seniors, 9:00-10:30 a.m.

May 14th: Friday Discussion sponsored by the Substance Abuse Prevention Program; Great East Music Festival, Auditorium, All Day; Renaissance Gold & Gold Plus Card Distribution

May 17th-28th: MCAS Testing, Sophomore Class

May 17th: Ashley Turniak Memorial Service, 4:30 p.m., Pheasant Hill Green

May 19th: Family Resource/ALATEEN Meeting, sponsored by the Substance Abuse Prevention Program; NHS Induction Ceremony, 7:00 p.m., Auditorium

May 20th: AHS School Improvement Council Meeting, 7:00 p.m.

May 21st: Friday Discussion, sponsored by the Substance Abuse Prevention Program; Band Banquet, 6:30 p.m., Alexander's Restaurant; Ice Cream Social, Winter Sports Team's GPA, sponsored by Renaissance

May 26th: Senior Salute, sponsored by Peer Leadership; Family Resource/ALATEEN Meeting, sponsored by the Substance Abuse Prevention Program; Intergenerational Poetry Group, 1:50-2:40 p.m., Room 38; "Broadway Review" Band and Chorus Concert, 7:00 p.m.

May 27th: Sophomore Class Ice Cream Social, celebrating the end of MCAS testing

May 28th: Friday Discussion, sponsored by the Substance Abuse Prevention Program; Great East Music Festival, AHS auditorium, all day

May 31st: Marching Mohawks perform at the Memorial Day Parade

Locals Attain High Honors At Christian School

Springfield Christian School, 625 State St., Springfield, has 150 students enrolled from kindergarten through 12th grade for the third term.

In grades seven through 12, there were 12 honor roll students and seven high honors, including Michael Schnepf of Agawam and Lauren Heiden of Feeding Hills.

— ADVERTISER NEWS —



SARAH SPAULDING from the Center for Ecological Technology, who spoke to Agawam second-graders about recycling. Advertiser News photo by Jack Devine.

Second-Graders Learn To Recycle

Did you know that the average Massachusetts resident produces six pounds of trash per day, and that by recycling you could save trees and natural resources? Students in grade two at Clark, Granger, Phelps, and Robinson Park Schools learned just that.

Sarah Spaulding from the Center for Ecological Technology visited each classroom, stressing how litter affects people and animals, where trash goes, and the basic R's - "Reduce, Reuse, Recycle."

Children were entertained with "The Whale's Stomach," a story about a bag full of trash found in the stomach of a whale. Students also played the "Trash Sort" game, where each person chooses one item from a big bag of trash and then decides where it will go - "Reuse, Recycle, Compost or Throw Away (in the landfill or incinerator)."

This program was taught in conjunction with the second-grade health curriculum dealing with community health.



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Sports

Boys' Volleyball Avenges Itself Against Sci-Tech

by Dave Rollins
Sports Editor

Okay, let's finally forget that the Agawam High boys' volleyball program is only in its first year; that they were short on experience but long on enthusiasm going in. The experience has come on fast; the enthusiasm has never waned.

Match up those two positives to some expert coaching and you have a team, which at presstime, stands at 9-2. Their latest win came last Friday afternoon, April 30th, 15-6, 15-2 against visiting Sci-Tech.

It was sweet revenge - the Cyber Cats had beaten the Brownies earlier in the year, 15-6, 15-11. "Back then, we played their game at their place. Today, we made them play our game at our place," varsity volleyball Coach Pat Demers said.

Agawam's game has grown in a multitude of ways, from the service, setups, spikes, and kills to a solid defense that can block high at the net or dive low to pick off spikes from the opponent. In this contest, they did all of the above.

Demers started Dave Thomas, Drad Theriaque, and Brian Forsman on the front line. They were backed up by Wesley Scott, Mike Thomas, and Ondrej Lukes.

Sci-Tech had first service, but not for long. Some good blocking by Dave Thomas and Lukes and a defensive kill by Dave Thomas got the Brownies a serve opportunity of their own. They also had some early problems and served out. They Cyber Cats had the ball again and made the most of it, scoring four straight points before serving out.

Forsman had the ball on the back line. He managed to get the Brownies two points. Sci-Tech came back and netted its next service opportunity. Agawam, on Lukes' serve, to another point courtesy of a big Dave Thomas kill.

Brownies Take 8-4 Lead

A defensive spike by Theriaque got the serve back for the Brownies, who were down 4-3 at that point. Scott had the honors now. By the time he served out, Agawam was up, 8-4, by way of a big kill by Theriaque and some good defense by Dave Thomas and junior Ken Shaw.

Again the Cyber Cats served out and made way for Dave Thomas. The senior co-captain, who anchors the Brownies, came up with three points. Two of them were textbook. The first came when Theriaque blasted a big kill to make it 10-4, Agawam.

Then Thomas, with that twisting right-left hook serve of his, spun an ace into the left-hand corner of the Tech zone.

The Cyber Cats were walking on their heels by now. Agawam wasn't the same team they'd handled so handily a few weeks back. They managed two more points as the Brownies proceeded to close them out. They did it on the service games of Ken Shaw and Lukes.

Agawam, with a 15-6 first-game win in its back pocket, was not about to let the 'Cats' back in the house. They started Lukes, Forsman, and Theriaque up front with Mike Thomas, Scott, and Dave Thomas on the back line. Dave Thomas had the opening honors. On the strength of two aces and some opportunistic offense by his frontliners, he served out with a 4-0 lead.

Agawam Hits Its Stride
Tech had no clue on its serve. Mike Thomas got another Agawam point on his. That point

SEE VOLLEYBALL
- Page 44...

AHS's New Girls' Soccer Coach...

Laura Wray Intends To "Motivate" Her Players Starting This Fall

by Dave Rollins
Sports Editor

Laura Wray is the new girls' soccer coach at Agawam High School. She is 24 years-old and an English teacher at Agawam Junior High. She has the credentials for the job, according to Athletic Director Kathleen McSweeney.

Wray played varsity soccer for four years at Springfield Cathedral. She was a captain in her senior year. Then it was off to Springfield College. Again, she played four years of varsity soccer as a starter. She was named captain of the team as a senior. She has been an assistant varsity girls' soccer coach at Cathedral for the past three years.

While competing on the playing field, she also did quite well in the classroom. Springfield is nationally known for its physical education curriculum, and Wray took a different path — graduating magna cum laude with a bachelor of arts in English.

"We had so many quality and qualified applicants for this job. It was a tough decision in the end," McSweeney told us. "What sold us on Coach Wray was the fact that she is a teacher in our system and has playing and coaching experience. Her skills in leadership also came into play. And the fact that she interviewed so well was a definite plus. It was tough not to like her," McSweeney added.

As for the new coach, she had this to say about taking over a soccer program with loads of potential both next fall and in the coming years: "I wanted this job because I work in the Agawam School System, love and know soccer, and realize just how big-time soccer is in Agawam."

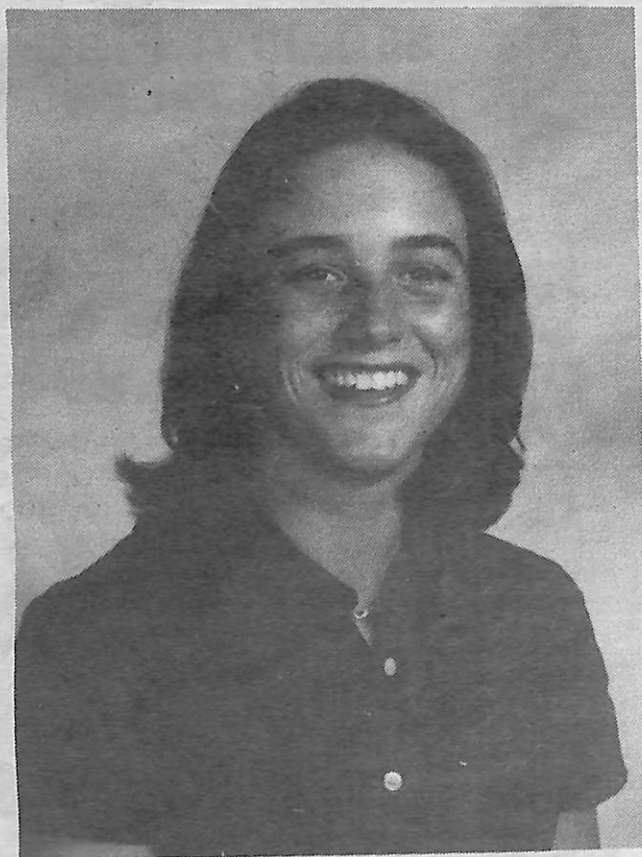
She will take over for Mary Murray, who is a well-known soccer coach in these parts. Murray's contract was not renewed.

"I played for Coach Murray at Cathedral. A lot of what I know I learned from her. The shoes I'm going to fill will be big ones."

Then Wray credited the man she worked under with the Cathedral Purple Panthers, varsity Coach Larry Kelly, for continuing and enhancing her knowledge about the game. "He is my mentor. I also learned from him."

Wray's Coaching Philosophy...

Every coach has a philosophy which defines



LAURA WRAY

the way they approach the job, and Wray was clear in hers: "I have methods that will work. Motivation is one of them. In my time, I've learned how to enhance coaching with assistance from things like the Internet. They have so many web sites there from nationally known soccer coaches on clinics, drills, and other ways to get the most out of your team."

SEE NEW SOCCER COACH - Page 45...



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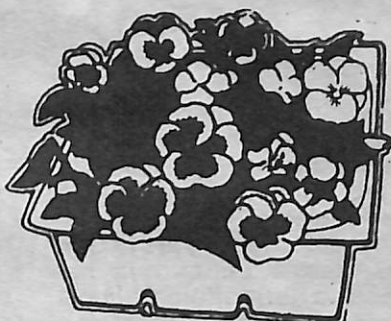
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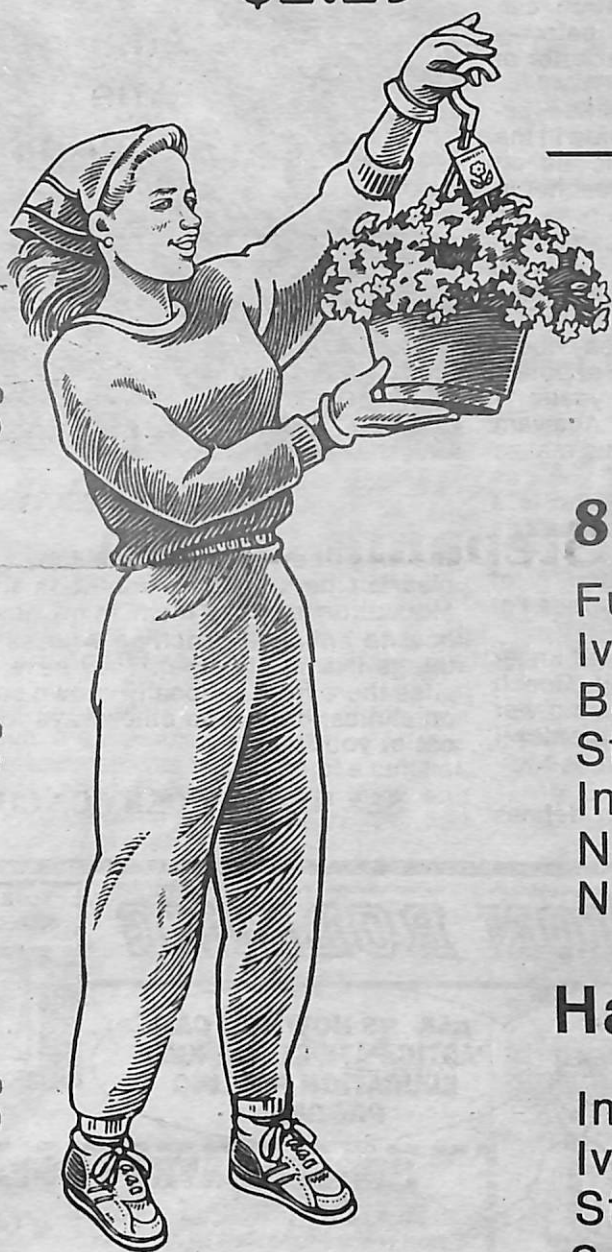


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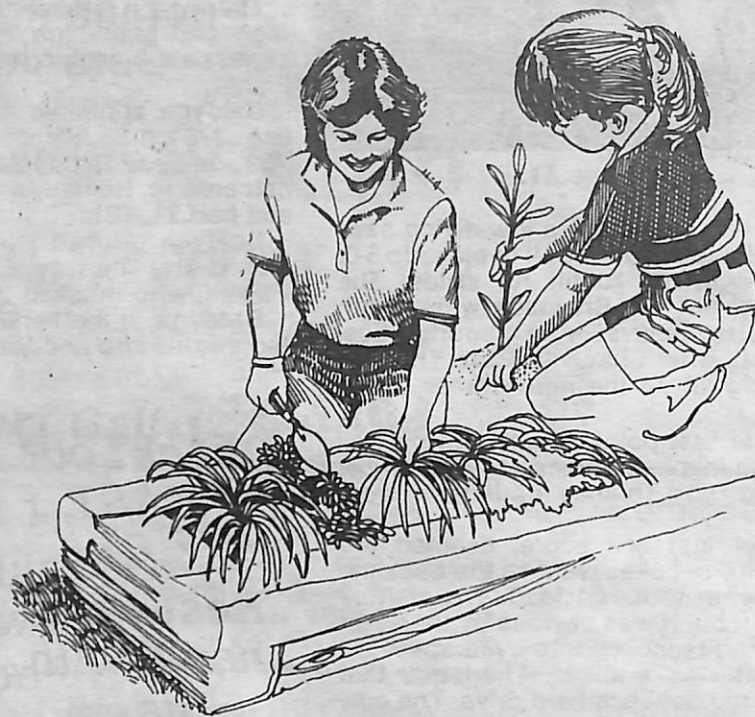


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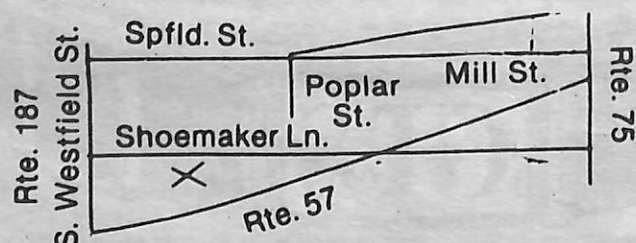
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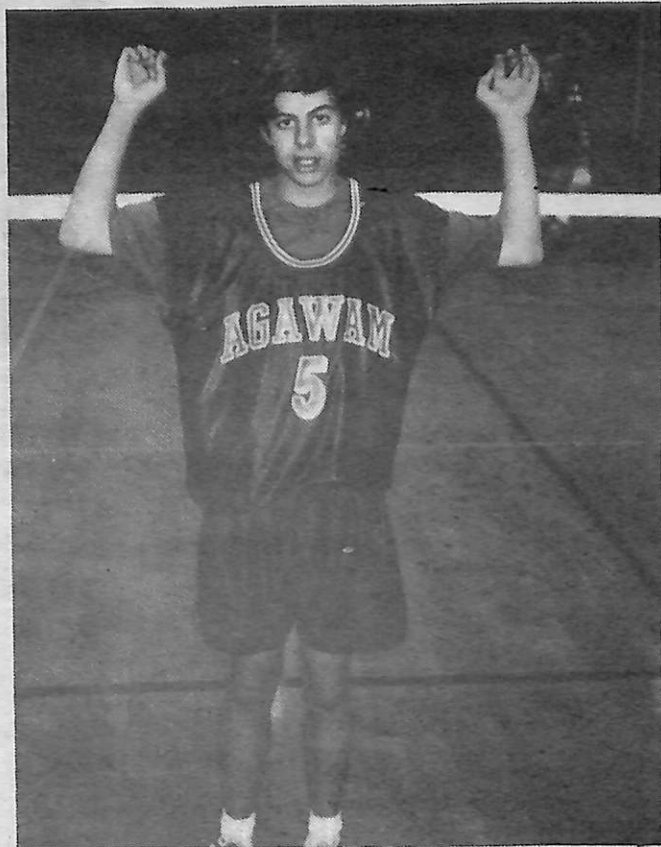
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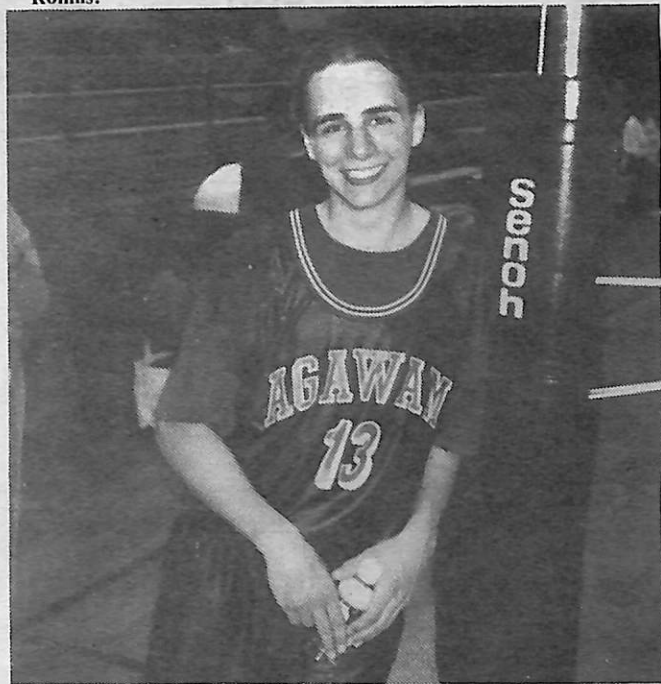
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WESLEY SCOTT (above) and ONDREJ LUKES (below) of Agawam High's impressive boys' volleyball team. Advertiser News photos by Dave Rollins.



VOLLEYBALL - from Page 41...

was highlighted when he made a low diving save of a Sci-Tech spike to keep the ball in play. Up 5-0, Agawam was beginning to hit its stride. The points were long, but the Brownies were much better at setting up their scoring opportunities. They went up, 8-0, after Shaw, on Dave Thomas' serve, made a big kill to the right corner of the Cyber Cat zone.

Sci-Tech got its first point when Agawam was up, 9-0. But, some inspired defense by Theriaque, Lukes, Shaw, and Dave Thomas made them work for it.

That effort, for just one score, seemed too much for the visitors. Lukes went to the backline and served Agawam to a 14-1 lead. The visitors got another point, but it was obvious by then that the Cyber Cats had launched into cyberspace.

The final point was a kill by Theriaque that totally smashed the Sci-Tech hard drive. The only thing flickering on the Cats' monitor in the end was the final score, 15-2, and a 2-0 Agawam win.

Girls' Lacrosse Versus Westfield...

Brownies Lose In Disappointing Contest, 14-10

by Dave Rollins
Sports Editor

The Agawam High girls' lacrosse team fell in a tough one at Westfield High, 14-10, on a rainy Tuesday afternoon (May 4th).

Coach Cindy Grieve was not happy, as she saw her team fall to 7-3 and 6-3 in the Western Mass. League. Especially grating to Grieve was the fact that the 5-4 Bombers scored nine first-half goals, which is a number the tough Brownie defense is not supposed to allow.

"This was the worst game I've ever seen the kids play. They might have been on the bus, but no one really got off mentally when we arrived," Grieve said.

Then she added of her team, which beat the Bombers handily back on April 1st, 15-6, at Harmon Smith Field: "When these kids are on the same page, they can beat anyone. When they are together, they do the little things which translate into victory. I saw none of that. No one rose to this occasion."

If there were bright spots in this game, Grieve wasn't about to find many. It has to be said that the Agawam offense was anchored by three kids.

Junior Kate Shannon had five goals and an assist. Junior Ann Paquette chipped in with three scores, and junior Amanda Sternowski managed two goals.

Jim Baldyga Is A Stand-Out For Hartwick Baseball

Junior Jim Baldyga led the Hartwick College baseball team in batting, hits, doubles, homers, RBI, on-base percentage, and slugging performance during the 1999 season.

Baldyga, a left-hander, also struck out a career-high and team-high 13 batters in Hartwick's recent season-ending, 10-4 victory against St. John Fisher.

Baldyga appeared in 29 games this year, batting .376 on 35 hits on 93 at-bats. Baldyga had a .459 on-base percentage and a .570 slugging percentage. He belted 12 doubles, homered twice, and had 21 RBI.

Baldyga pitched in eight games and had a 1-3 record. He had two complete games for the Hawks, who finished the year at 9-22.

Baldyga, a mathematics major at Hartwick, is the son of Jim and Margaret Baldyga of Feeding Hills.

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* * *

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ANDREW WAKELEE

Andrew Wakelee Pitches Perfect Game For McNair

On Tuesday, April 26, 1999, Andrew Wakelee of the McNair Business Machines Mets not only pitched a perfect game, he struck out all 18 batters that he faced.

Along with this superb pitching performance, Andrew also had a grand slam and a triple to help himself and his team to a 12-0 win.

Car Wash/Bake Sale For Boys' Lacrosse

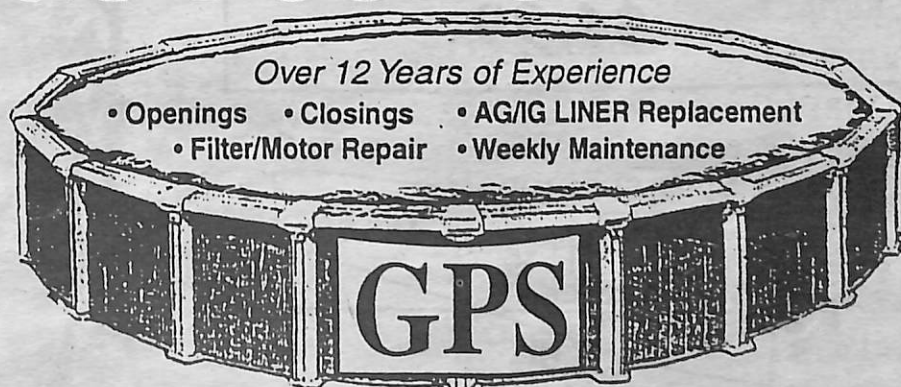
The Agawam High School boys' lacrosse teams will hold a Car Wash/Bake Sale on Saturday May 8th (rain date: May 15th) from 8:00 a.m.-4:00 p.m. at the Agawam Methodist Church parking lot (across from Agawam High School).

Donations are \$3 for cars, \$4 for vans. LACROSSE PARENTS! DO YOU HAVE QUESTIONS ON LACROSSE RULES??? RULE BOOKS FOR BOYS' AND GIRLS' LACROSSE WILL ALSO BE FOR SALE - \$4.

Agawam Little League Standings (Minors - 5/2/99)

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Boys' Lacrosse Versus West Side...

Brownies Send Terriers Home With Their Tails Wagging Sadly, Thanks To 8-6 Win

by Dave Rollins
Sports Editor

The West Springfield High boys' lacrosse team paid a visit to rain-swept Harmon Smith Field this past Tuesday afternoon (May 4th).

The Brownies sent their arch-rivals home on the short end of an 8-6 score. The Brownie win was not an easy one. West Side, which came in at 2-4 (1-4), always gets juiced-up when Agawam's name is mentioned and was in the game until the final minute.

It was a Valley Wheel game. Agawam rose to 7-4 overall and 4-2 in the Wheel. West Springfield fell to 2-5, 1-5.

The Brownies, who also have no problem on the intensity scale when facing the kids from across the river, scored first. Jim Evans, who would have three goals and an assist, did the deed. The sophomore slashed across the crease, took a pass from Mike Tercyak, and from 20 feet out drove the ball home 1:40 into the game.

The Brownies weren't letting the West Side offense set up. With three minutes gone, Glenn Corlett, Dave Moore, Tercyak, and Shawn Gloster were working the box and it paid off. Evans took a pass and drove straight through the middle of the Terriers' zone for his second goal at the 4:30 mark.

The first quarter ended with some good Agawam defense on the part of Greg Jubinville, Joe Lancour, and Dan Balbony. Agawam had five shots on the Terrier net. West Side had none.

Terriers Tie Things Up...

West Springfield got some of it together in the second 12 minutes, tying things at two-all with 3:20 off the clock. Four minutes in, Agawam broke

that tie when Tercyak, a sophomore midfielder, angled into the box after accepting a pass from Evans and launched from 15 feet out. The 3-2 Agawam lead lasted less than two minutes when the Terriers tied it up again at the 5:10 mark.

It was a see-saw game at this point. Brownie co-captain Balbony put more see into the saw with 5:50 gone, using one of his signature drives down the middle to give Agawam a 4-3 lead. Now the Agawam attackers went on the prowl. Behind sophomore goalie John DeCaro (who was playing tough in net), Moore, Junbinville, and Corlett became inspired.

They had the advantage of a power play and Evans, off some good play behind the Terriers' net, got his second score (assisted by Corlett) from the right point with 2:30 left in the half.

Balbony came up with his second goal as time ran out. Twelve ticks remained when he drove to within 20 feet of the West Side net and bounced the ball home. The half ended, 6-3, Agawam. The Brownies managed four shots on goal. West Springfield came up with five.

Nineteen sounds into the third quarter, DeCaro came up with a tough save. The Brownies broke up the Terriers' offensive drive and came up with one of their own, led by Moore (a junior). With just over three minutes gone, he had an open shot from the right point and just missed (a foot left). The ball came back to him and he didn't miss this time, putting it away with 4:05 gone and making it 7-3, Agawam.

The Brownies' Inspired Defense...

Part of the Brownies' success to that point was

their inspired defense, anchored by Greg Boisvert, Matt Sharpe, freshman Mark Christodoulos, and Corlett. The Terriers, on the verge of a major embarrassment (they'd lost earlier in the year to Agawam, 4-1), knew it was time to either get mentally back on the bus or take matters into their own hands.

They tried, scoring with six minutes left in the third. Agawam, again rocking the see-saw, answered when Evans scored on a Brownie power play from the right point at the 9:35 mark, making it 8-4, Agawam as the quarter ended. The Brownies had four shots on net. West Springfield came up with three.

Agawam needed its defense in the fourth quarter. West Side, with some good defense, killed a Brownie power play early on, jacked up the offensive side of its game, and scored with five minutes gone. After another power play (which was killed by the Brownies' Matt Sharpe, Balbony, Lancour, Poirier, and Boisvert), West Side scored with both sides even at the nine-minute mark, closing to 8-6.

For the remainder of the game, West Springfield attacked and Agawam defended. In that time, the Terriers had a power play but couldn't convert. They had opportunities but could take no advantage.

It was a hard-fought Agawam win that saw the home team holding on as the horn sounded. With three shots in the final 12 minutes, Agawam had a game total of 16. West Side had five for a total of 13.

NEW SOCCER COACH - from Page 41...

When the girls take the field, they had better be ready to sweat. "Yeah, conditioning is one of my biggest concerns. If you body isn't in shape, your mind will know it. I want an end-to-end physical effort," said Wray. (She has run in two Boston Marathons.)

Then she added something else: "The kids on my team don't have to be the best of friends. But

they will learn to work together. That is critical to winning. They must have the spirit to win and that comes with teamwork."

Some folks may be looking to Wray to return Agawam High girls to soccer glory. "What I'm concerned with right now is taking the program to the next level. The talent is there. The youth programs are there. Everything is in place," she said. Wray had something to say on being a coach:

"It will take some time before I get used to being called 'Coach Wray.' I know how important that job is, not only in the terms of winning or losing, but in the way you interact with your kids."

"A coach can make or break a player. I want them to look back on their experience playing soccer for Agawam High as something they'll feel good about and remember for the rest of their lives."

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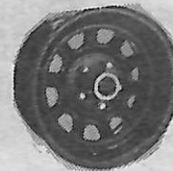
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Baseball vs. East Longmeadow...

Brownies Break Their Losing Streak With Satisfying, 6-1 Win Over The Spartans

by Dave Rollins
Sports Editor

"We're now on a one game win streak," Agawam High varsity baseball Coach Pete Clark smiled last Wednesday, April 28th, after his club beat visiting East Longmeadow High, 6-1. He was, of course, referring to the four-game Agawam losing streak which that victory had just broken.

The Brownies were certainly due for some of the luck that had evaded them during that streak. They got it this time around on some strong pitching by senior Kevin Mattson and timely defense by a host of infielders.

Mattson, who was enjoying his first start of the season, scattered five hits and experienced trouble only once in the game (the fifth). The tall right-hander had been bothered by a slight injury to the rotator cuff in his pitching shoulder. But, before he took to the hill, Mattson said it felt fine and he was ready to rumble.

Agawam's record evened up at 5-5 in the non-league game. "We absolutely needed this win. Maybe it will be contagious," Clark stated. "Things went our way for a change."

After a lead off single in the first inning, the Spartans could do nothing, which was highlighted by a nifty play on a double steal. EL had a man on third (Ben Deane) after two steals. With one out on a fielder's choice, Mattson walked Dave Labrie. Labrie headed for second on the next pitch.

Shortstop Mike Carney took the fake throw and they had Deane in a pickle between third and home. It ended up as a 2-6-2-5-6 EL out. A weak Spartan pop-up ended the inning.

Agawam, aching to unlimber its bats (13 hits) had no such problem. Leftfielder Scott Harlin, showing off-field power, led off with a slap triple to the fence in right. He was sent home on a double to left off the bat of Carney. Agawam led 1-0 after one.

Spartans Shut Down

Mattson shut the Spartans down in the second. Agawam, itching for more runs, got them in the

bottom of the frame. They came with two outs. Dave Federico and Brian Chechile walked. It was Harlin's turn again. He produced his second triple of the game, this time to deep left-center, driving in Federico and Chechile.

The Brownies were up, 3-0 going into the third. Mattson, on cruise control, set the visitors down in order. At that point, he'd faced only one batter over the minimum. The Brownies, again with two down in the bottom of the inning, unlimbered their bats.

Brian St. Jean, playing second in this one, drilled one to deep center. He rounded the horn for his first homerun of the year (while the Spartan outfielders played Keystone cops with the wayward ball). If one round tripper was good, why not another?

Tony LeClair complied with a ball to deep left-center. The outfielders, treating their relay throws like the ball was made of lead, were way too late getting the ball back in and the sophomore third baseman, using some of his hockey speed, raced home.

Singles by Erik Bodurtha and Federico and a walk by Chechile loaded the bases and threatened a possible Brownie blowout. But, much to the Spartans' relief, a fly out ended the Agawam threat.

Down 5-0 going into the top of the fourth, EL (1-8 coming in) must have seen the dripping pen poised once again over the right-hand column in the record book. A leadoff homerun by Shaun McCauley was part of their answer. It wasn't pretty from the Brownies' point of view. But, it pumped up the Spartans. After an out, a double, and a single followed by a walk, the sacks were full and Mattson was working with only one down.

You could see Clark mentally hefting the hook. He came out to discuss the situation with his pitcher and went back to the dugout with Mattson still on the hill. The next hitter drove a laser beam

with multiple runs written all over it towards short. Carney stabbed the ball and held on.

However, Mattson was not out of the woods -anything out of the infield and on the ground in the outfield meant Spartan runs. So, the kid reared back and punched out Frank Ferrentino, ending the EL threat with style.

The Brownies would get the run back in the bottom of the fourth. Again, there were two outs. Rightfielder Derek Mercadante walked and took second on a passed ball. St. Jean pushed a slow roller towards third and beat the throw to first when the ball seemed to stop and smell the grass. As a result, Mercadante came home for Agawam's sixth and final run of the game.

LeClair had another chance and drove a hard single up the middle for a base hit. Unfortunately, he tried to stretch it into a double and got nailed at second for his effort.

Agawam Win Capped Off In Sixth

The Agawam win was capped off in the sixth by a nice defensive play in leftfield courtesy of Chris Wayte. With a Spartan on second, a sinking line drive was hit towards the senior. He made a dive to his right and snagged the ball a foot off the grass. If it goes through, one run scores, plus it's extra bases on the hit. Also, Corey Federico, up from the junior varsity, did a fine job behind the plate.

AGAWAM STATS: Harlin 2-4 (2 triples), 2 rbi's, 1 rs; Carney 2-4 (2b), 1 rbi; Mattson 1-4; St. Jean 2-4 (HR), 2 rbi's, 1 rs; LeClair 2-3 (HR), 1 rbi, 1 rs; Bodurtha 1-3; D. Federico 2-2, 1 rs; Chechile 0-0; Wayte 0-1.

PITCHING: Mattson (w, 1-0) 7IP, 5H, 1R, 1ER, 2BB, 4SO, 1.00 ERA.

TEAM HITTING: AGAWAM 13-27 (.481), ELM 5-25 (.200). ELM - 1, 5, 0; AGAWAM - 6, 13, 0.

Junior Varsity: The Brownie JV's raised their record to 6-3 with a 15-0 win over the Spartan youngsters.

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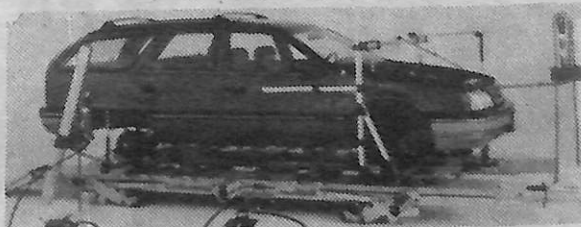
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Softball At The Cape...

AHS To Play In Weekend Tournament

by Dave Rollins
Sports Editor

For the fourth straight year, the Agawam High softball team will make the journey to Cape Cod for a weekend tournament at Nauset High School. It will take place on Saturday, May 8th and Sunday, May 9th. "It's become a traditional Mother's Day event," Coach Deb Lickley of the 8-0 Brownies (ranked number one in Western Mass.) explained.

The whole thing got started, according to the coach, when Dave Rinehart, a teacher and girls' softball coach at Nauset High, thought it up. "Ms. McSweeney (Athletic Director Kathleen) heard about it and asked if we'd like to attend. We said of course and it's been one of the highlights of our season," Lickley said.

It takes over a thousand dollars to make the whole thing come together. The cash is raised by the Parent Boosters, as well as fundraisers (car washes and the like) held by the team. The transportation (two vans) for the 16 players and three coaches is provided by girls' basketball Coach Lou Conte and the DiStefano family.

They'll leave the High School at 1:30 p.m. on Friday afternoon, May 7th. "It's about a four-hour ride," the coach said. The team will stop to eat along the way and pull into Seashore Park in Orleans, where they'll be staying.

Then they'll freshen up, get some more to eat, and head up to Nauset High School. "That's when they have the individual competition (under the lights) like running, fielding, throwing, catching, and a homerun contest. Last year, we won three medals," Lickley noted. Then it's back to the motel for some mingling and maybe a snack or two. Then it's off to bed.

"We start early on Saturday morning. We get up and go out to breakfast at eight o'clock. We'll go up to the field and have hitting practice. Our first game will be against Wilmington High School, from Wilmington, Mass. They have always been tough. We beat them 3-1 last year in the first game," Lickley said.

Actually, the Brownies have never lost in their time competing in the tournament. Unfortunately, last year they only got to play that one game before rain washed out everything else.

Wins Do Count

Their success on Cape Cod will go on their record, so wins will count. "If we could even come back with a split, winning either Saturday or Sunday, we'd be happy. There are a bunch of very good teams from all over the state. We'll be tested," Lickley said.

Besides the excitement of competition, there will be the added thrill of sightseeing. They'll take a trip up to Provincetown, which is only a very short distance from Orleans. P'town is a beautiful place, rain or shine. No doubt they'll try out a good restaurant or two while they take in the sights of the National Seashore.

Not only are the players and coaches pumped for the trip, many parents, who will be going to cheer them on, are also revved up. At the games leading up to the weekend, they were discussing places to stay, places to eat, things to do, and most importantly, getting ready to root for the defending Western Mass. champs.

"That upbeat attitude says a lot about the parents and the boosters. As a coach, I'm very fortunate to have such great support. We have outstanding kids backed up by supportive people who understand what we are trying to accomplish year in and year out with this program," Lickley said.

They'll head home Sunday evening. "Everything is always great when we go down to the Cape. It's worth all the effort. The Nauset Tournament, with its tough draw, gives us a good tune-up going into our Valley League season, which looks to be an even tougher journey than last year."

Agawam beat tough, non-league foe Minnechaug Regional, 2-0, last week. Ace Ali Jakobek (7 K's, 6 hits, 2 walks) pitched a complete game for her fifth win of the year against two losses.

Car Wash To Benefit Ag. High School's Baseball Booster Club

A car wash to benefit the Agawam High School Baseball Booster Club will take place this Saturday, May 8th, from 9:00 a.m. to 2:00 p.m. at two locations: Agawam Middle School and Sacred Heart Church.

Baseball Versus Ludlow...

Brownies Roar Past Tough Lions With Resounding 13-4 Victory

by Dave Rollins
Sports Editor

The Agawam High baseball team is now on a two-game winning streak after beating a tough Ludlow team, 13-4, at their place on Monday afternoon, May 3rd. Junior Brian St. Jean pitched a complete game for his third win of the year against two losses.

Along the way, the right-hander dusted 15, walked two, and gave up only four hits (all singles) in a game that lasted a Major League 2½ hours.

Agawam went to 7-4. Ludlow fell to 6-4. "Ludlow has beaten some good teams," AHS Coach Peter Clark said, then added, "Brian (Lions Coach Brian Bylicki) told me St. Jean was the best pitcher they've faced this year."

The first inning was scoreless and highlighted by St. Jean punching out the side on strikes. But the two clubs slugged it out in the second. Agawam got on the board by way of a leadoff single up the middle off the bat of St. Jean.

Then, Derek Mercadante stepped in with one out and belted his second home run of the year — a long, lofted fly to deep center, giving the Brownies a two-run lead. The bottom of the inning was the only rocky spot for St. Jean.

With one out, he gave up a single and a walk. With men on first and second, Lions shortstop Mike Almeida laid down a bunt that had sacrifice scribbled all over it. St. Jean charged the ball and saw he had a play at third. But that slight look made him lose the handle, and now he was facing a bases-loaded, one-out situation.

The next ball was hit firmly to second and looked to be of the double play variety. Dave Federico was there, taking it on a hop to his right. However, his spin towards the bag threw off his throw. The ball sailed past shortstop Mike Carney and into left center. The two unearned runs tied things at two. Another single scored the third Lions run and it was 3-2, Ludlow going into the third.

Bagging Some "Big Game"...

Agawam bagged some big game in the top of the inning, essentially putting the game away. Designated hitter Kevin Mattson led off with a single down the third base line. Tony LeClair popped what looked like a catchable can of corn to right, where it was dropped. Carney bunted one towards third, which ended up loading the bases with no outs. St. Jean walked, scoring Mattson.

Then, after a wild pitch (which scored LeClair), first baseman Erik Bodurtha also walked and Carney went home.

Agawam was now up 6-3 and it wasn't over. Lions pitcher Dave Gwozdz was having a dickens of a time. He promptly threw a wild pitch to the next batter (Mercadante), sending St. Jean across the dish. Then he hit Mercadante, and there were

Brownies on first and second.

Another wild pitch allowed them to advance a base. After Brian Chechile struck out, leadoff hitter Scott Harlin stepped in and punched a single to center, scoring two more runs.

The 8-3 score would soon balloon again. Harlin stole second, then third. Federico coaxed a walk out of Gwozdz and promptly swiped second.

Mattson, who'd led off the seemingly endless inning, stalked to the plate. He hit into a 6-3 fielder's choice, driving in Harlin for Agawam's ninth run. Federico, who'd gone to third, was then driven home on a single to center courtesy of LeClair. Carney then flew out to center, mercifully ending the Lions' torment.

St. Jean struck out two of the three hitters he faced in the bottom of the third, sending the game into the fourth with the locals ahead, 10-3. The Brownies, facing a new Ludlow pitcher (Nick Gates), could do nothing with their opportunity. St. Jean, for the second time in the game, struck out the side in the bottom of the frame.

St. Jean's "Effective" Fastball...

"Brian pitched better today than he has all year, even better than our 3-0 opening win against Longmeadow. He had his off speed stuff working, which made his fastball even more effective. Their hitters couldn't get into any kind of rhythm against him," Clark explained.

Ludlow picked up its fourth run in the fifth on a walk and two singles. Agawam got three more in its half of the sixth. Things started off with four straight walks (Carney, St. Jean, Bodurtha, and Ryan Drobot, who replaced Mercadante in right). Carney scored on a wild pitch.

Then, after St. Jean was out on a 1-2 force at the plate, two more Brownies drew the free pass — Chris Wayte (in for Harlin) with the bases full, and Jack Pearson (at second for Federico) helped drive in two more runs by virtue of a sharp eye and some atrocious Lion pitching. It stood at 13-4, Agawam, and would stay there.

AGAWAM STATS: Harlin — 1-4, 2 rbi, 1 rs; Federico — 1-3, 1 rs, 1 sb; Mattson — 2-5, 1 rbi, 1 rs; LeClair — 1-5, 1 rbi, 1 rs; Carney — 1-4, 2 rs; St. Jean — 1-3, 1 rbi, 2 rs, 1 sb; Bodurtha — 0-1, 1 rs; Mercadante — 1-2 (HR), 2 rbi, 2 rs; Chechile — 1-4; Wayte — 0-0, 1 rbi; Pearson — 0-0, 1 rbi; Lapins — 0-1; Drobot — 0-0, 1 rs; C. Federico — 0-1.

PITCHING: St. Jean (w, 3-2) — 7 IP, 4 H, 4 R, 1 ER, 2 BB, 15 SO, 1.00 ERA.

AVERAGES: Agawam, 9-32 (.281); Ludlow, 4-27 (.148). Agawam — 13 R, 9 H, 1 E, 9 LOB; Ludlow — 4 R, 4 H, 2 E, 5 LOB.

JV'S VERSUS LUDLOW: The Agawam junior varsity beat the young Lions, 16-4. Their record now stands at 7-3.

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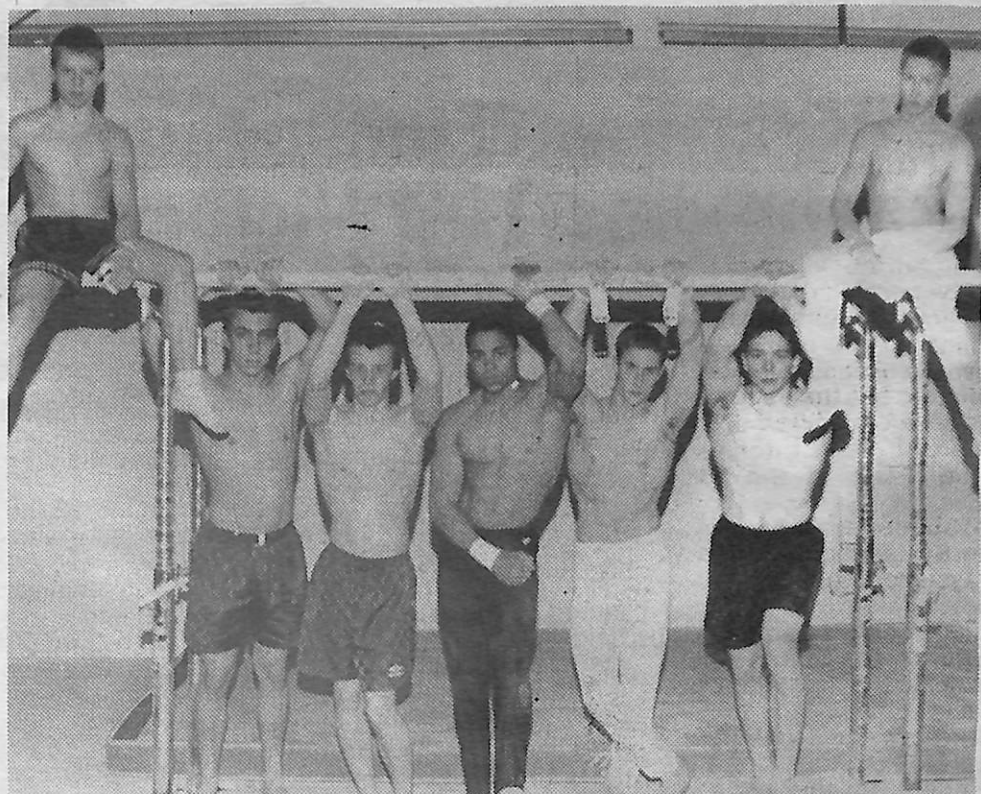
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READY FOR THE COMPETITION IN TEXAS: Daggett gymnasts Alan Parsons, Jeff Krok, Daniel Messier, Patrick McFarlin, Jamey Houle, Mathieu Perry, and Steven Gaudette. Advertiser News photos by Jack Devine.

Several Daggett Gymnasts Eligible For Nationals

In the rarefied atmosphere of elite gymnastics, athletes are in constant training to obtain one goal: a National Championship. Tim Daggett Gold Medal Gymnastics has such gymnasts, and they are on their way to obtaining that elusive title.

On the men's side, Daggett's has sent seven athletes to Houston, Texas, to compete in the Junior Olympic National Championships to be held May 5th-9th at the University of Houston.

These include Agawam's Mathieu Perry and Longmeadow's Jamey Houle and Patrick McFarlin. These men are Class I Junior Elite gymnasts.

In Class II Junior Elite (14-16), the gym has sent West Side's Steve Gaudette, Westfield's Jeff Krok, Charlton's Alan Parsons, and Feeding Hills' Daniel Messier. These athletes qualified for the Nationals at the Region VI Championships held in Southington, Connecticut.

Also competing but not eligible for Nationals due to age are Alex Smith, Michael Marino, Brett Ringle, Drew Ignoto, Daniel Liebowitz, Mark and Darren Parzych, Eric Parsons, and Jordan Wilson.

On the women's side, Daggett's will be sending West Springfield's Michelle Germano to Austin, Texas, for the Level 10 Junior Olympic Nationals to be held May 14th-16th at the Austin Convention Center. Michelle qualified for this meet at the Regional Championships held April 23rd-25th at the University of New Hampshire, where she finished sixth A.A. with a 36.3.

Also competing in this meet were Sarah Liebowitz (35.15), Level Nine gymnast Leah Boccaccio (34.1), Agawam's Andrea Babbin (33.9), Agawam's Bri Lancour (34.15), and West Suffield's Leigha Hancock, who had first-place finishes on vault (9.1) and floor (9.325) to finish at 34.7 all-around.

Congratulations to all the athletes for their hard work and dedication, and to their coaches — Tim Daggett, Todd Henry, Joe Saimer, and Keith Boccaccio — for all their time and effort in making the dreams of these fine young athletes come true.

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Valenti's Restaurant Braves	0	2
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Coldwell Banker Royals	0	2



DAGGETT REGIONAL AND NATIONAL QUALIFIERS Andrea Babbin, Leigha Hancock, Lauren Powell, Michelle Germano, Sarah Liebowitz, and Leah Boccaccio with their coach, Joe Saimer of Tim Daggett Gold Medal Gymnastics. Advertiser News photo.

S.H.A.A. Standings (April 24th To May 3rd)

GIRLS' 10-12		W	L	E.B's Red		2	1
Stop & Shop Navy		4	0	Hastie Fence Navy		1	1
Poolman Pools Green		3	0	New Horizon Packaging Green		1	1
Partner's Orange		2	1	Sand Trap Orange		0	2
Tolli's Pizzeria Gray		1	2	GIRLS' 8-9		W	L
Dayga Printing Teal		1	2	Plamondon Maroon		3	0
River Auto Service Red		0	3	Long Teal		2	0
Travel Connections Maroon		0	3	Sherbo Green		2	1
GIRLS' 13-17		W	L	Nelson Red		0	3
Agawam Credit Union Yellow		2	0	Rollins Orange		0	3

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by Kent Servis
Outdoor Writer

The Best Is Still To Come...

Stripers, shad, and herring are all in the river right now and the best is still to come! This week's beautiful spring temperatures made for a great weekend. At this time of the year, wind conditions can keep some of us on streams and smaller bodies of water, with some fine results.

When fishing small ponds, there are a couple of things to remember. First and foremost is the fact that most of these ponds are on private property. Just because you hold a fishing license does not give you the right to trespass without permission of the landowner. Secondly, once there, remember to leave the area cleaner than you found it.

Sportsmen have lost more than one fishing spot because of someone's carelessness in disposing of litter, disrespect for the property, or descending on the place with an army of buddies. Most landowners will be cooperative with the fishermen if politely approached, but don't overdo a good thing.

Every day, we drive past many hidden little ponds and seldom give them a thought. Small ponds can provide some of the largest fish because they receive little or no fishing pressure. The limited scope of the ecosystem of these ponds, dictate that responsible use be made of the resource. Catch and release should be high on the list of priorities from the angler's viewpoint.

The same basic strategies used in fishing large lakes, can be applied to fishing small bodies of water. A little common sense can be used in figuring out where the fish will congregate. Check to see if the pond was formed by damming a stream or brook. Even a modest dam or spillway will usually signify a deeper area. Look at the contours of the land surrounding the pond and try to envision the pond with no water in it.

Many points of land will probably have underwater bars that are deeper on both sides. These are excellent places to fish. Just like on the large lakes, structure fishing is important in small bodies of water. The only difference is that the pond is contoured on a smaller scale. Weed growth in certain areas or the lack of it, can serve as an indicator of contour breaks. These are the areas of the pond where the gradually sloping bottom drops off more steeply. Since aquatic weeds need sunlight just as land-based plants do, weeds will flourish only in the shallower portions.

Weed growth can serve as nature's topo map. Indents in the weed lines, as well as open pockets of water, can signify abrupt changes in depth or bottom composition. Since most game fish are predatory, they like to hunt in the "edge" areas, hoping to ambush their next meal. These are the areas to concentrate on when conditions are right.

FISH REPORT

Kurt at Saunders Marina on Congamond Lakes in Southwick reports that trout were hitting again at the lake last week, with many anglers taking some nice fish on the usual variety of baits and spoons. Largemouth bass are hitting as the water warms up and the number of bass boats in the water has increased substantially.

The Westfield River has given up some nice trout along Route 20. Be sure to check for salmon smolts ... you can not keep them.

Salt water action is picking up, with some winter flounder still being caught at the mouth of the Connecticut River and other shoreline spots. Party boat anglers report that some cod are still being taken inshore. The fish are not numerous, but are there for those inshore anglers who are willing to take some time to locate them.

Although the cod numbers are down significantly due to over-fishing by the commercial netters, recent efforts over the last several years have helped to boost both size and numbers. Stripers are showing up in the Thames River as well as the Connecticut River.

Most of the action is on schoolies, but some respectable fish have been taken. The hot water outlets at coastal power plants continue to act as a magnet for the fish.

The Hudson River is starting to heat up with striper action below Albany. The area around Roundout Creek has started producing some nice fish. A few more weeks should bring some really hot action to this annual pre-spawn extravaganza.

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Renee Dupuis Wins 1st Career Modified Race Crowd Favorite Takes Win In Second Race Of Twin 35's

On Saturday evening, April 24th, a night that will long be remembered by Riverside Park Speedway's faithful fans, former track champion Dave Berube returned to victory lane for the first time since 1997, and crowd favorite Renee Dupuis earned her first career Modified win in the second of two 35-lap features for the NAPA Modified division.

Other winners from the 24th were Pat Kretschman in the Teddy Bear Pools Truck division, Norm Ashline in the Sportsman division, Gerald Durand in the Super Stock division, and Erik Comstock in the always-exciting Figure 8 division.

Berube, the 1996 Modified track champion, stayed ahead of Bill Bolton during the first 35-lap race, pulling into victory lane for the first time since September of 1997. Ricky Miller, who opened up the '99 season with two consecutive wins, finished third, followed by five-time track champion Bob Polverari in fourth place and 1997 champion Ted Riggott in fifth place.

When the NAPA Modifieds rolled out onto the track for the second feature event, Dupuis and Dan Avery led most of the laps, culminating with an exciting showdown after a caution period with three laps remaining. Avery held the lead for two laps, only to be passed by Dupuis with the white flag in the air.

Adding to the excitement of Dupuis' first-ever victory was the one-two finish that resulted for Corporate Auto Racing, LLC, which owns both Avery's and Dupuis' cars. Eddy Spiers finished third in the final feature, followed by Miller and Berube in fifth.

The Teddy Bears Pools Truck division lined up for their fourth run of the season, led by Skip Breunig (winner of the previous week's feature) and Kretschman. Kretschman established a lead midway through the 30-lap feature, holding off Breunig in the closing laps. Ernie Tarca, another two-time feature winner in the opening weeks of the '99 season, finished third. Rob Valerio was fourth, followed by sister Kris Valerio in fifth place.

In the Sportsman feature, Super Stock alumni Ashline and Craig Collins (the 1998 champion) set the pace for the 25-lap event. The two drivers were at the front of the field for most of the race, with Ashline capturing his first win in the Sportsman division after only three weeks behind the wheel of the faster machine. Rick Leavitt was a close second, followed by Ed Charette, Collins, and Herb Carlon.

The Super Stock division returned to action as well, sending Gerald Durand to victory lane for the first time in 1999. Mark LaJoie was second, Keith DeSanctis captured third place, Carl Holmgren, Jr. was fourth, and Terry Page finished in fifth.

The Figure 8's brought out their signature style event, dazzling the crowd with more near-misses and spectacular racing action. Comstock took down the win, followed by John Gagnon, Don Pinette, John Albert, and Leon Goulet in fifth.

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Golf Tip Of The Week...

Compiled by
Jim Modzelesky,
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Practice Lessons — The Tee-Check

The position of your head during the swing should not be overlooked. If you raise your head as you swing back, you likely will raise your shoulders, too, and that will put your swing out of whack. And if you raise your head as you swing down and through, you'll likely top the ball.

Here's how you can test to make sure your head stays on track. Place a tee (the longest one possible) in your mouth just before you address your ball on the practice range. Take your stance with the pointed end of the tee pointing directly at the ball (or, rather, the target line).

Swing back, then stop at the top of your backswing. The tee should *still* be pointing at the target line. Now swing down and through, but stop your swing just before your wrists break.

If the tee is still pointing at the target line, your head rotation is excellent. If not, then try moving your head back and forth — no club is necessary for this exercise — while keeping the tee pointing at the target line.

This is the head position you want when you make your swing.

Daggett's Men Gymnasts Take Gold At State Tourney

The Massachusetts USA Gymnastics State Championship was held on April 10th and 11th, and the men of Tim Daggett Gold Medal Gymnastics took home the gold!

Longmeadow's Patrick McFarlin didn't finish lower than second in any event, and his all-around score of 52.4 was the top spot as he was crowned State Champ in Class I Junior Elite. He had first-place finishes on floor (8.4) and high bar (8.0). He also recorded a 9.2 on pommel horse, a 9.1 on vault, and a 9.2 on parallel bars.

Teammate Jamey Houle was second in the competition with a 51.5, and he had first-place finishes on pommel horse (9.4), vault (9.3), and parallel bars (9.5).

Agawam's Mathieu Perry also had a great meet, finishing at 42.2.

In the 14-15 Junior Elite group, West Springfield's Steven Gaudette made it a clean sweep, as he also climbed the podium to claim his gold medal and the honor of Massachusetts State Champ! He had first-place finishes on floor (8.7) and rings (7.7), and an all-around of 49.3.

Westfield's Jeff Krok finished in eighth with a 40.0, and Dan Messier was ninth at 39.6.

In Class III, Michael Marino competed a 41.6, and Alex Smith a 39.3.

Class IV gymnast Daniel Liebowitz turned in a silver performance, as his 46.5 took the second spot. Brothers Mark and Darren Parzych held fourth (44.6) and sixth (43.6), respectively.

The Class V, 10-11 age group saw Eric Parsons score 43.3, and Class VI had Jordan Wilson compete a 49.9.

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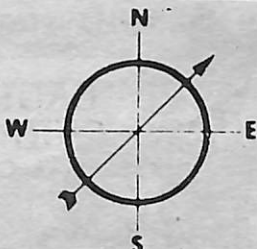
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AUTO TRIM BY GEORGE: Truck seats; auto seats; headliners; boat seats; motorcycle seats; convertible tops; tonneau covers; rugs; construction equipment seats. 10% senior discount. Call George, 786-6073.

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EAGLE EYE CARPENTRY: General contractor. For a full line of construction (residential & commercial). Very fine work and fair estimates. Paul Therrien, Owner, 163 South Westfield Street, Feeding Hills. (413) 789-0524.

HALL LAWN MOWING: Mowing, clean-ups, aeration, lawn care, landscaping, cellar/garage clean-outs. Call us — we appreciate your business! Office tel.: (413) 789-1712.

PAUL'S REMOVAL & REPAIRS: Removal of all appliances, furniture, all types lawn debris, bushes, small to moderate trees, any type fill. From attics, basements, garages, yards, complete houses. Repair/replace gutters, windows/storm windows, garage doors, sheds, etc. Interior painting. Free estimates, reasonable rates, insured. Call 788-4813.

SPRINGFIELD TURNVEREIN: Catering to weddings, banquets, parties, and receptions. Two rooms available with seating up to 250 people. 176 Garden Street, Feeding Hills, 786-0924.

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SUFFRITI CONSTRUCTION CO.: New roofing and repairs. Insured and licensed. Many referrals. 786-5516.

TIM'S CARPENTRY: Specializing in interior finish work. Also kitchen & bath remodeling. Additions, decks, cedar closets. Installation of hardwood floors. Free estimates; insured. (413) 789-2367.

CIRILLO'S LANDSCAPING: Specializing in commercial and residential lawn care. Over 30 years of quality, dependable, and friendly service. Free estimates. Call 786-7843.

CHILD CARE: Experienced teacher and child care provider has openings for all ages. Large back yard. Nutritious meals and snacks. Pre-school program included. License no. 184792. Call Sue at 789-2530.

JOE RUSSO PAVING & EXCAVATING: In business for over 40 years. Fully insured. Blacktop & sealed driveways. Loam, landscaping, fill. In-ground oil tank removal. 649 Cooper St., Agawam. Phone & fax: (413) 786-0617.

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ROSSI LANDSCAPING: Lawn mowing, sand removal, spring & fall cleanups, snow plowing, property maintenance. "Expect to be impressed." Telephone & fax: (413) 789-7245.

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AMERICLEAN POWER-WASH: Southwick, MA 01077. Thomas "Jeff" Gagnon, owner. Building & house washing; deck cleaning. In MA, (413) 569-9927; in CT, (860) 651-5151.

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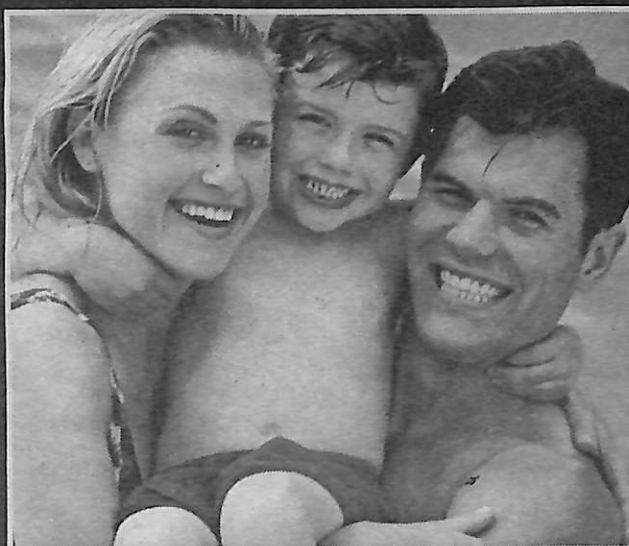
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